

# New Jersey Relays

Dear Coach,

We are pleased to invite your team to compete at the **2022 New Jersey Relays**, presented by NJAC. Our mission is to provide the best competition for the greatest number of participants of all levels, ages, and abilities in the safest environment. Meeting the challenges of Covid-19, our committee provides a great event, while meeting all state, county, municipal, and university protocols.

We hope you will be able to join us for the 2022 New Jersey Relays, April 21-23 in School Stadium.

## Registration

The registration for the running of the **2022 New Jersey Relays** is open and you can begin the registration process at [www.njrelays.com](http://www.njrelays.com).

**College** [directathletics.com](http://directathletics.com)

**High School** [Milesplit.com](http://Milesplit.com)

## ***The New Jersey Athletic Commission***

*NJAC is an organization sponsoring athletic events that foster physical education and athletic performances.*

## ***Entries must be filed online by Wed, April 20th, 3:00 pm (EDT).***

Online Entry is currently open, and we advise beginning the entry process as early as possible. You may sign out and come back to add/remove entries and update information as often as you need until you complete your entry. Before you register, please make sure that you have set your **2021 OUTDOOR Roster at TFRRS**. For schools, whose results are included on TFRRS, the athlete roster must be based on the TFRRS outdoor roster.

Visit our website [www.njrelays.com](http://www.njrelays.com) regularly for information, updates, and our app for more updates.

Sincerely,  
Lionel A. Leach  
**New Jersey Relays** Director

## **Medical Services**

**The Relays** Medical Services staff a first-aid station. They offer first aid for wounds and injuries, taping and wrapping (athletes must bring their supplies), and ice. No modalities (including heat packs) are available for team trainers. Medical staff will be given closer to the event.

## **Packet Pick-up (read carefully as times have changed)**

Coaches (including assistants/chaperones) and athletes should be the only people using participant passes. *Other people not so connected with a team will be subject to ejection.* Participant passes must be picked up in person at:

Friday 4/23 7:30 am -5:00 PM

Saturday 4/23 7:30 am -5:00 PM

## **Webcast**

The meet will be Livestream for a small fee every day of the competition. Go to our website for more information.

Meet Director

John Marshall

# College Men & Women

**All times in the schedule are tentative and subject to change.**

**1. The Rules of Eligibility** for colleges and universities in the relays shall be those of the By-Laws of the National Collegiate Athletic Association.

**2. The Rules of Competition** for this relay event shall be the 2020-21 NCAA Track & Field/Cross Country Men's and Women's Rules, except where the longtime practices, special facilities, and special written rules of the Relays may require otherwise.

**4. Track and Field Surfaces:** The track, all jumping surfaces, and the javelin runway are synthetic surfaces of 3/8" thickness.

**5. Spikes:** Only 1/4" spikes are allowed. No corkscrew spikes will be allowed. Spikes will be checked.

**6. Checkpoints:** Relay zone and jumping event checkpoints may be marked with standard white trainer's tape only. No other items may be used, including chalk, powder, duct tape, masking tape, tacks, or safety pins.

**7. Starting Blocks** because of Covid-19 protocol all teams are required to bring their starting blocks and they are to be used where the use of blocks is considered essential. This includes heats and finals of all dash and hurdle races and finals of all College relays starting in lanes. *Please do not share starting blocks with other teams.*

**8. Ties for Qualifying:** Eight teams will qualify for all relay event finals starting in lanes. Running event ties will be broken by re-reading the photo-timer images to one-thousandth of a second. All field event ties involving the ninth qualifying position will be advanced to the final three attempts.

**9. The NCAA has adopted the International exchange zone, making the old 10-meter fly zone part of the 30-meter exchange zone.**

**10. Results will be posted at the meet.**

## **13. PROTEST PERIODS FOR TRACK EVENTS**

1. For Qualifying Races: A protest period of 30 minutes for Colleges shall commence upon the posting of the Tentative (Unofficial) Qualifiers list(s) to Jersey Relays results. All protests must be filed within the protest period at the Referees' table inside of turn 1 on the track (please come to the fence behind the table and ask for the head referee). The protest period will NOT close if there is a pending protest or a decision has affected another team. Once all protests have been addressed, the Qualifiers list(s) will become "Official."

2. For Finals: A protest period of 30 minutes for Colleges shall commence upon the posting of the last result for that event or the final on-time standings, whichever is later. All protests must be filed within the protest period at the Referees' table inside of turn 1 on the track (please come to the fence behind the table and ask for a head referee). The protest period will NOT close if there is a pending protest or a decision has affected another team. Once all protests have been addressed, the Results will become "Official."

**14. Jury of Appeals** will be chaired by Lionel Leach. A \$25.00 fee must accompany an appeal. The Jersey Relays video review will rely only on available archived Relays web streaming, and no independent video may be used in protests or appeals.

**15. Events will not be delayed** for those who double.

### **JERSEY RELAYS COLLEGE PROTOCOL**

*Note that online entry for Colleges must be concluded by Wed, April 20, 2022, at 3:00 PM (EDT). You may enter anytime until the deadline.*

#### **The appeal of rejected entries will be handled by e-mail only.**

As we wish to serve as many runners as possible and reject as few as possible, we are listing a few items to guide you on your entries:

1. We will accept approximately 20 – 10,000m runners
2. We will accept approximately 15 - 5000 runners

# High School Boys & Girls

## High School Division

1. All high school competitors must compete for their high school teams and be cleared for competition by the school Athletic Director or Principal/Headmaster. Relay teams must consist of runners from the same school.

2. Competition in the High School Division of the Relay Meet is under the supervision of official representatives of the NJAC. To be eligible for competition in Jersey Relays High School events, a school must conform to the following:

- Be a member in good standing or recognized as an allied member in good standing of the New Jersey State High School Athletic Association, or;
- Specific eligibility requirements, such as that of age limit, shall be those established by the New Jersey State High School Athletic Association under which they regularly compete. However, in no instance may an athlete exceed the following limits:
  - **Age limit:** an athlete may not turn 20 before July 1 of 2022.
  - **High School attendance limit:** 8 semesters (7th and 8<sup>th</sup>-grade students are ineligible, as are students who may have participated during their 7th or 8<sup>th</sup>-grade years).

4. **Team Membership:** No athlete may participate with two different affiliations in one Meet.

5. **Rules of Competition:** The rules of competition for the Meet shall be the 2021 Official National Federation Edition Track and Field and Cross Country Rules Book, except where the longtime practices, special facilities, and special written rules of the Meet may require otherwise.

6. **Relay Substitutions:** The rules of the I.A.A.F regarding the replacement of relays will apply to colleges and high schools. This allows for two substitutions. Only four medals or watches will be awarded.

7. **Track and Field Surfaces:** The track, all jumping surfaces, and the javelin runway are synthetic surfaces of 3/8" thickness.

8. **Spikes:** Only 1/4" spikes are allowed. No corkscrew spikes will be allowed. Spikes will be checked.

9. **Checkpoints:** Relay zone and jumping event checkpoints may be marked with standard white trainer's tape only. No other items may be used, including chalk, powder, duct tape, masking tape, tacks, or safety pins.

10. **Starting Blocks** because of Covid-19 protocol all teams are required to bring their starting blocks and they are to be used where the use of blocks is considered essential. This includes heats and finals of all dash and hurdle races and finals of all College relays starting in lanes. ***Please do not share starting blocks with other teams.***

11. **Ties for Qualifying:** Eight teams will qualify for all relay event finals starting in lanes. Running event ties will be broken by re-reading the photo-timer images to one-thousandth of a second. All

field event ties involving the eighth qualifying position will be advanced to the final three attempts.

**12. The Jersey Relays will use the 30-meter exchange zone for the 4x100m Relay. The 10- meter fly zone is no longer in effect.**

**13. Results will be posted on a bulletin board at the site as soon as possible.**

**14. Events will not be delayed** for those who double.

#### **15. PROTEST PERIODS FOR TRACK EVENTS**

1. For Qualifying Races: A protest period of 60 minutes for High Schools shall commence upon the posting of the Tentative (Unofficial) Qualifiers list(s) which will be placed on the results wall. All protests must be filed within the protest period at the Referees' table inside of turn 1 on the track (please come to the fence behind the table and ask for the head referee). The protest period will NOT close if there is a pending protest or a decision has affected another team. Once all protests have been addressed, the Qualifiers list(s) will become "Official."

2. For Finals: A protest period of 30 minutes for High Schools shall commence upon the posting of the last result for that event or the final on-time standings, whichever is later, to the Jersey Relays Chair Person. All protests must be filed within the protest period at the Referees' table inside of turn 1 on the track (please come to the fence behind the table and ask for a referee). The protest period will NOT close if there is a pending protest or a decision has affected another team. Once all protests have been addressed, the Results will become "Official."

**17. Jury of Appeals** will be chaired by Lionel Leach. A \$25.00 fee must accompany an appeal. The Jersey Relays video review will rely only on available archived Relays web streaming, and no independent video may be used in protests or appeals.

## **Track Events**

- Arrive at clerking with everything you need to compete. You will be called one event before the start of your event. Do not arrive early.
- You will check in at the Clerking Tent outside of the track. Then you will report to the designated area by the start line for your event before the start of your event.
- One event at a time will be sent to the track and set up by heats.
- Athletes will wear masks when waiting for their event to begin and will remove masks before racing.

## **Field Events: Check-In**

- Field Events will check in at the event 30 minutes before their flight.
- Only athletes competing will be allowed to remain in the field event area.
- Athletes will wear masks in this area when they are not competing or warming up. Athletic Training
- Athletic training is available on site to handle new injuries/ medical emergencies. The only modality available will be ice. They will be in two designated areas near the finish line and the throws area. Masks are always required in the Athletic Training areas and social distancing should be maintained.
- 30 minutes cool-down period after the final event.
- Every team must depart the track 30 minutes after the meet ends.

## **Contested of Events**

400 IH

3200 Meter Relay (4x800)

400 Meter Relay (4x100)

Distance Med. (1200-400-800-1600)

800 Meter Relay (4x200)

Sprint Med. (200-200-400-800)

1600 Meter Relay (4x400)

## **Field Events**

High Jump

Long Jump

Triple Jump

Discus

Shot Put

Hammer (college only)

Javelin