

**South Jersey Track Coaches Association
Freshman-Sophomore, Middle School Cross-Country Runs
Dream Park
Monday, October 15, 2018**

Awards: Individual Trophies to the winning boy and girl in each race with medals awarded to those finishing 2nd through 25th **NO TEAM TITLES**

Entry Fee: \$9/ runner, maximum school fee is \$250

Time: Middle School 4:00pm Frosh: 4:20pm Soph: 4:40pm

Please make checks payable to **SJTCA**

**Ed Colona
118 James
Burlington,
NJ 08016**

Entries are due by **October 4, 2017**. (School Purchase Order acceptable in lieu of check.)

Middle School Boys _____ Frosh Boys _____ Soph Boys _____

Middle School Girls _____ Frosh Girls _____ Soph Girls _____

Total Entries _____ x \$9.00 =Total
Fee Due _____
Maximum fee = \$250/
school

PLEASE DO NOT HOLD ENTRIES TO WAIT FOR CHECK. ENTRY FEE MAY FOLLOW.

School _____ AD's Signature _____

Coach _____ Cell# _____

Reminder:

A freshman is defined as a student in the 9th grade who is not repeating 9th grade and/or who has not turned sixteen (16) years old before September 1, 2018

A sophomore is defined as a student in the 10th grade who is not repeating 10th grade and or who has not turned seventeen (17) years old before September 1, 2018

A runner "repeating" his/her freshman year may run in the Sophomore Race.

A runner repeating his/her sophomore year is not eligible for this meet.

A middle school runner is any boy or girl presently enrolled in 5th, 6th, 7th, or 8th grade.

Note: No middle school runner is eligible who has turned 15 before September 1, 2018

Middle Schools: Please note: The NJSIAA does not exercise any jurisdiction over students in grades lower than 9th other than they cannot practice or compete with high school students. Supervision, number of practices, physicals, eligibility for interscholastic competition, etc. are strictly local issues.

Rosters are to be entered in the meet through milesplit [see next page](#)

Questions regarding entries may be resolved by calling the

Meet Director (Ed Colona) at:

Home: 609-386-5463

Cell: 609-381-8615



nj.milesplit.com > [Calendar](#) > [Registration Meet Page](#)

- **Claim Team - [MileSplit Team Pages](#) - [Claim Team / Roster Video Tutorial](#)**
 - If you have already claimed your team while entering the meets you are all set and can continue to editing / managing your rosters after logging in.
 - If you haven't claimed your team in the past go to the TEAMS page, find your team, claim it on the bottom right. *Please provide a school email or another way for the webmaster to quickly verify your coaching connection with the school.*
 - The webmaster will approve your claim within 24 hours if not immediately.
- **Editing Team Rosters - [Claim Team / Roster Video Tutorial](#)**
 - These MileSplit rosters replace your Hytek rosters, it is important to maintain them.
 - Once you have claimed your team and are approved, go to your team page and click on the Team Manager button located under the team name.
 - There you should see a menu to the left, click on Roster. If the menu is one color or hard to see try to change the colors.
 - Please do not "delete" athletes by changing their name to someone else, every athlete has their own career stats profile that never disappears.
 - *If you see misspellings click the name and make the correction.
 - *If you see duplicate athletes report them to rkellert@milesplit.com for merging.
 - *If an athlete does not have a graduation year add it, lets the program know when to push athletes to the alumni page and ranks them correctly by grade in the database.
 - *The XC and TF tags designate the rosters that will be available during online registration. Please make sure that athletes needed for the meet have the correct tags, and they can have both without issue.
 - If you need new athletes not listed click Add Athlete and fill out their basic information.
 - If there are graduated athletes on your roster, give them an appropriate graduation year to move to alumni.
- **Entering a Meet Online - [Meet Entry Video Example Tutorial](#)**

- You should have already claimed your team and managed your roster.
- Click the NJ MileSplit site's calendar and find the meet page you are entering
- On the meet page you will see a green 'Register Online Now' button.
- From there you will enter your school and fill out the needed information.
- Make sure you CHECK BOX the correct divisions or else no events will show and you'll have to Edit Divisions Entered later on.
- After entering the divisions you will see all the events where you can enter the athletes.
- When finished click done editing.
- You can always go back and edit entries via the green Register Online Now button.

Run into problems or questions? Contact rkellert@milesplit.com with details such as team, meet, etc...