



NJSIAA Unified Track and Field
Score Recording Forms



| | | |
|----------------|-------------|---------|
| Date; | Location: | School: |
| Head Official: | Head Coach: | |

| |
|--------------------|
| Competing Schools: |
|--------------------|

Reminders:

- It is recommended that participants enter up to four events in any combination in regular season meets
 - i.e. Sam competes in 100M, 200M, Long jump, and 4x100 Relay
 - i.e. Jamie competes in 400M, Shot put, 4x400 Relay
 - Teams must enter both athletes and partners in any event in which they compete
 - Opposing coaches should agree on maximum event entry before the meet begins
- Teams are not required to enter participants in every event
- It is recommended that teams enter a maximum of five participants in individual events in regular season dual meets
 - Teams entering more than five participants should discuss maximum participants before the meet begins with opposing coaches
- It is recommended that teams enter a maximum of two relays in each relay event in regular season meets
- All participants use a 6 lb shot put
- All participants jump from the one meter mark
- It is recommended that foul throws and jumps are called aloud and not measured
- Competitors in wheelchairs and competitors with visual impairments are assigned two adjoining lanes on the track - preferably inside lanes
- Runners may not have "pacers" or guides running with or alongside them on the track in interscholastic competition except in the case of a runner with a visual impairment:
 - Guides for runners with a visual impairment may not push or pull the competitor and must remain beside or behind the competitor at all times in contact through a tether or the competitor holding the guide's elbow. Guides should wear a brightly colored vest or pinnie over their uniform to differentiate them from competitors. Guides may never cross the finish line before the competitor
- Competitors in manual wheelchairs are divisioned by time; competitors in power wheelchairs are divisioned in their own heat

*If major discrepancy of times or distances occurs, coaches/meet directors should add additional divisions to those heats or flights - example: Heat 3A & 3B



NJSIAA Unified Track and Field



Track Score Recording Form

Event: 100 Meter Dash

Score Formula: 1st place - 5 points, 2nd place - 3 points, 3rd place - 1 point **Each heat** gets scored per division.

| Lane | Name | School | Heat | Time 00:00.00 | Place | Score |
|------|------|--------|------|------------------|-------|-------|
| 1 | | | | | | |
| 2 | | | | | | |
| 3 | | | | | | |
| 4 | | | | | | |
| 5 | | | | | | |
| 6 | | | | | | |

| Lane | Name | School | Heat | Time 00:00.00 | Place | Score |
|------|------|--------|------|------------------|-------|-------|
| 1 | | | | | | |
| 2 | | | | | | |
| 3 | | | | | | |
| 4 | | | | | | |
| 5 | | | | | | |
| 6 | | | | | | |

| Lane | Name | School | Heat | Time 00:00.00 | Place | Score |
|------|------|--------|------|------------------|-------|-------|
| 1 | | | | | | |
| 2 | | | | | | |
| 3 | | | | | | |
| 4 | | | | | | |
| 5 | | | | | | |
| 6 | | | | | | |

100 M Dash Division Time Guidelines:

| | | | | |
|-------------------|-----------------------------|-----------------------------|-----------------------------|--------------------------|
| Heat 1: 00:26.00+ | Heat 2: 00:22.00 - 00:25.99 | Heat 3: 00:18.00 - 00:21.99 | Heat 4: 00:15.00 - 00:17.99 | Heat 5: 00:14.99 & under |
|-------------------|-----------------------------|-----------------------------|-----------------------------|--------------------------|



NJSIAA Unified Track and Field
Track Score Reporting Form
 Event: 200 Meter Dash



Score Formula: 1st place - 5 points, 2nd place - 3 points, 3rd place - 1 point **Each heat** gets scored per division.

| Lane | Name | School | Heat | Time 00:00.00 | Place | Score |
|------|------|--------|------|------------------|-------|-------|
| 1 | | | | | | |
| 2 | | | | | | |
| 3 | | | | | | |
| 4 | | | | | | |
| 5 | | | | | | |
| 6 | | | | | | |

| Lane | Name | School | Heat | Time 00:00.00 | Place | Score |
|------|------|--------|------|------------------|-------|-------|
| 1 | | | | | | |
| 2 | | | | | | |
| 3 | | | | | | |
| 4 | | | | | | |
| 5 | | | | | | |
| 6 | | | | | | |

| Lane | Name | School | Heat | Time 00:00.00 | Place | Score |
|------|------|--------|------|------------------|-------|-------|
| 1 | | | | | | |
| 2 | | | | | | |
| 3 | | | | | | |
| 4 | | | | | | |
| 5 | | | | | | |
| 6 | | | | | | |

200 M Dash Division Time Guidelines:

| | | | | |
|-------------------|-----------------------------|-----------------------------|-----------------------------|--------------------------|
| Heat 1: 00:49.00+ | Heat 2: 00:41.00 - 00:48.99 | Heat 3: 00:35.00 - 00:40.99 | Heat 4: 00:30.00 - 00:34.99 | Heat 5: 00:29.99 & under |
|-------------------|-----------------------------|-----------------------------|-----------------------------|--------------------------|



NJSIAA Unified Track and Field
Track Score Reporting Form
 Event: 400 Meter Dash



Score Formula: 1st place - 5 points, 2nd place - 3 points, 3rd place - 1 point **Each heat** gets scored per division.

| Lane | Name | School | Heat | Time 00:00.00 | Place | Score |
|------|------|--------|------|------------------|-------|-------|
| 1 | | | | | | |
| 2 | | | | | | |
| 3 | | | | | | |
| 4 | | | | | | |
| 5 | | | | | | |
| 6 | | | | | | |

| Lane | Name | School | Heat | Time 00:00.00 | Place | Score |
|------|------|--------|------|------------------|-------|-------|
| 1 | | | | | | |
| 2 | | | | | | |
| 3 | | | | | | |
| 4 | | | | | | |
| 5 | | | | | | |
| 6 | | | | | | |

| Lane | Name | School | Heat | Time 00:00.00 | Place | Score |
|------|------|--------|------|------------------|-------|-------|
| 1 | | | | | | |
| 2 | | | | | | |
| 3 | | | | | | |
| 4 | | | | | | |
| 5 | | | | | | |
| 6 | | | | | | |

400 M Dash Division Time Guidelines:

| | | |
|-------------------|-----------------------------|--------------------------|
| Heat 1: 01:35.00+ | Heat 2: 01:12.00 - 01:34.99 | Heat 3: 01:11.99 & under |
|-------------------|-----------------------------|--------------------------|



**NJSIAA Unified Track and Field
Track Score Reporting Form**



Event: 4x100 Relay

Score Formula: 1st place - 5 points, 2nd place - 3 points, 3rd place - 1 point **Each heat** gets scored per division.

| Lane | Team Name & Initials of Runners | School | Heat | Time 00:00.00 | Place | Score |
|------|---------------------------------|--------|------|------------------|-------|-------|
| 1 | | | | | | |
| 2 | | | | | | |
| 3 | | | | | | |
| 4 | | | | | | |
| 5 | | | | | | |
| 6 | | | | | | |

| Lane | Team Name & Initials of Runners | School | Heat | Time 00:00.00 | Place | Score |
|------|---------------------------------|--------|------|------------------|-------|-------|
| 1 | | | | | | |
| 2 | | | | | | |
| 3 | | | | | | |
| 4 | | | | | | |
| 5 | | | | | | |
| 6 | | | | | | |

| Lane | Team Name & Initials of Runners | School | Heat | Time 00:00.00 | Place | Score |
|------|---------------------------------|--------|------|------------------|-------|-------|
| 1 | | | | | | |
| 2 | | | | | | |
| 3 | | | | | | |
| 4 | | | | | | |
| 5 | | | | | | |
| 6 | | | | | | |

4x100 Relay Division Time Guidelines:

Determined by coaches to meet meaningful engagement for the relay times you submit.



**NJSIAA Unified Track and Field
Track Score Reporting Form**



Event: 4x400 Relay

Score Formula: 1st place - 5 points, 2nd place - 3 points, 3rd place - 1 point **Each heat** gets scored per division.

| Lane | Team Name & Initials of Runners | School | Heat | Time 00:00.00 | Place | Score |
|------|---------------------------------|--------|------|------------------|-------|-------|
| 1 | | | | | | |
| 2 | | | | | | |
| 3 | | | | | | |
| 4 | | | | | | |
| 5 | | | | | | |
| 6 | | | | | | |

| Lane | Team Name & Initials of Runners | School | Heat | Time 00:00.00 | Place | Score |
|------|---------------------------------|--------|------|------------------|-------|-------|
| 1 | | | | | | |
| 2 | | | | | | |
| 3 | | | | | | |
| 4 | | | | | | |
| 5 | | | | | | |
| 6 | | | | | | |

| Lane | Team Name & Initials of Runners | School | Heat | Time 00:00.00 | Place | Score |
|------|---------------------------------|--------|------|------------------|-------|-------|
| 1 | | | | | | |
| 2 | | | | | | |
| 3 | | | | | | |
| 4 | | | | | | |
| 5 | | | | | | |
| 6 | | | | | | |

4x400 Relay Division Time Guidelines:

Determined by coaches to meet meaningful engagement for the relay times you submit.



NJSIAA Unified Track and Field Field Score Reporting Form



Event: Shot Put

Score Formula: 1st place - 5 points, 2nd place - 3 points, 3rd place - 1 point **Each flight** gets scored per division.

Best attempt scored. Non consecutive throws.

| Name | School | Flight | Attempt 1 00'00" | Attempt 2 00'00" | Attempt 3 00'00" | Attempt 4 00'00" | Place | Score |
|------|--------|--------|---------------------|---------------------|---------------------|---------------------|-------|-------|
| | | | | | | | | |
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| | | | | | | | | |
| | | | | | | | | |

| Name | School | Flight | Attempt 1 00'00" | Attempt 2 00'00" | Attempt 3 00'00" | Attempt 4 00'00" | Place | Score |
|------|--------|--------|---------------------|---------------------|---------------------|---------------------|-------|-------|
| | | | | | | | | |
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| | | | | | | | | |
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| Name | School | Flight | Attempt 1 00'00" | Attempt 2 00'00" | Attempt 3 00'00" | Attempt 4 00'00" | Place | Score |
|------|--------|--------|---------------------|---------------------|---------------------|---------------------|-------|-------|
| | | | | | | | | |
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Shot Put Division Guidelines (feet & inches):

| | | | | |
|-----------------------------|------------------------------|------------------------------|------------------------------|----------------------|
| Flight 1: 15'11" & under | Flight 2: 16'00" - 19'11" | Flight 3: 20'00" - 24'05" | Flight 4: 24'06" - 29'11" | Flight 5: 30'00"+ |
|-----------------------------|------------------------------|------------------------------|------------------------------|----------------------|

NJSIAA Unified Track and Field

Field Score Reporting Form

Event: Long Jump

Score Formula: 1st place - 5 points, 2nd place - 3 points, 3rd place - 1 point **Each flight** gets scored per division.

Best attempt scored. Non consecutive jumps.

| Name | School | Flight | Attempt 1 00'00" | Attempt 2 00'00" | Attempt 3 00'00" | Attempt 4 00'00" | Place | Score |
|------|--------|--------|---------------------|---------------------|---------------------|---------------------|-------|-------|
| | | | | | | | | |
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| | | | | | | | | |

| Name | School | Flight | Attempt 1 00'00" | Attempt 2 00'00" | Attempt 3 00'00" | Attempt 4 00'00" | Place | Score |
|------|--------|--------|---------------------|---------------------|---------------------|---------------------|-------|-------|
| | | | | | | | | |
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| | | | | | | | | |
| | | | | | | | | |

| Name | School | Flight | Attempt 1 00'00" | Attempt 2 00'00" | Attempt 3 00'00" | Attempt 4 00'00" | Place | Score |
|------|--------|--------|---------------------|---------------------|---------------------|---------------------|-------|-------|
| | | | | | | | | |
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Long Jump Division Guidelines (feet & inches):

| | | | | |
|-------------------------|-------------------------|-------------------------|---------------------------|--------------------|
| Flight 1: 6'00" & under | Flight 2: 6'01" - 7'11" | Flight 3: 8'00" - 9'11" | Flight 4: 10'00" - 12'11" | Flight 5: 13'00" + |
|-------------------------|-------------------------|-------------------------|---------------------------|--------------------|



NJSIAA Unified Track and Field Track & Field - Final Score



Score Formula: 1st place - 5 points, 2nd place - 3 points, 3rd place - 1 point **Each heat/flight** gets scored. For meets with competing roster sizes that have a difference of more than four students, schools may use the following formula: Larger roster divided by smaller roster = multiplier used for smaller roster points

| School | Event | Score | Multiplier | Total |
|--------|-----------|-------|------------|-------|
| | 100M | | | |
| | 200M | | | |
| | 400M | | | |
| | Shot put | | | |
| | Long jump | | | |
| | Relays | | | |

Total: _____

| School | Event | Score | Multiplier | Total |
|--------|-----------|-------|------------|-------|
| | 100M | | | |
| | 200M | | | |
| | 400M | | | |
| | Shot put | | | |
| | Long jump | | | |
| | Relays | | | |

Total: _____

| School | Event | Score | Multiplier | Total |
|--------|-----------|-------|------------|-------|
| | 100M | | | |
| | 200M | | | |
| | 400M | | | |
| | Shot put | | | |
| | Long jump | | | |
| | Relays | | | |

Total: _____



**NJSIAA Unified Track and Field
Track & Field Divisoning Guidelines**



100 M Dash Division Time Guidelines:

| | | | | |
|----------------------|--------------------------------|--------------------------------|--------------------------------|----------------------------|
| Heat 1: 00:26.00+ | Heat 2: 00:22.00 - 00:25.99 | Heat 3: 00:18.00 - 00:21.99 | Heat 4: 00:15.00 - 00:17.99 | Heat 5 00:14.99 & under |
|----------------------|--------------------------------|--------------------------------|--------------------------------|----------------------------|

200 M Dash Division Time Guidelines:

| | | | | |
|----------------------|--------------------------------|--------------------------------|--------------------------------|-----------------------------|
| Heat 1: 00:49.00+ | Heat 2: 00:41.00 - 00:48.99 | Heat 3: 00:35.00 - 00:40.99 | Heat 4: 00:30.00 - 00:34.99 | Heat 5: 00:29.99 & under |
|----------------------|--------------------------------|--------------------------------|--------------------------------|-----------------------------|

400 M Dash Division Time Guidelines:

| | | |
|-------------------|-----------------------------|--------------------------|
| Heat 1: 01:35.00+ | Heat 2: 01:20.00 - 01:34.99 | Heat 3: 01:19.99 & under |
|-------------------|-----------------------------|--------------------------|

Shot Put Division Guidelines (feet & inches):

| | | | | |
|--------------------|---------------------|---------------------|---------------------|-------------|
| D1: 15'11" & under | D2: 16'00" - 19'11" | D3: 20'00" - 24'05" | D4: 24'06" - 29'11" | D5: 30'00"+ |
|--------------------|---------------------|---------------------|---------------------|-------------|

Long Jump Division Guidelines (feet & inches):

| | | | | |
|-------------------|-------------------|--------------------|---------------------|--------------|
| D1: 3'00" - 6'11" | D2: 7'00" - 8'05" | D3: 8'06" - 10'05" | D4: 10'06" - 12'11" | D5: 13'00" + |
|-------------------|-------------------|--------------------|---------------------|--------------|