Morris County Track Coaches Association

All-County Team Selection Criteria

2024 Winter Track

Automatic Selection

1-Individual winners at the <u>County Champs</u> will be an automatic selection.
2-Athletes that meet or exceed the <u>"A" Standard</u> will be an automatic selection.
3-Individual winners at the <u>Meet of Champions</u> will be an automatic selection.
4-4 x 400m Teams that meet or exceed the <u>"A" Standard</u> will be an automatic selection.

All County Eligibility

To be eligible for the All County Team, athletes must be members
of a School Board APPROVED <u>Team</u> with a School Board APPROVED
<u>Coach</u>. These Teams must compete in a minimum of 3 Drew Series Meets.

4 x 400m Selection

Qualifications: win <u>3 of 4</u> of the following criteria.
1-Win the County Relays 4 x 400m.
2-Win the County Champs 4 x 400m.
3-Fastest 4 x 400m time at the State Series.
4-Fastest overall 4 x 400m time of the Season.
If no one takes 3 of 4, a vote will be taken.
If Relay Teams make the Super Standards, the process is re-started for the next best team(s).

All County Nominees

Openings are created when we have a double or triple winner at the County Champs.
Additional nominees must meet the following criteria:
1-The athlete must <u>better</u> the winning performance of the
County Champion at the County meet.
2-Match or better the "B" Performance Standard listed at the bottom of the page.
3-Place finishers (1-6) at the Meet of Champions
in the 400 meter or 800 meter events.

Performance Verification

When making nominations to Brendan Donegan please use the Winter Track link
in the MileSplit Calendar.
Enter the Dummy Meet on 3/1/2024
4 x 400m: We will make the 4x400 Ballot

<h1 style="text-align:center">Voting Procedures</h1>

Nominees for the All-County team must be made on MileSplit.
Enter the "Dummy Meet" & make your selection as an entry into the meet.
MileSplit will verify your nomination according to the standard.
All Nominations must be made prior to the All County Meeting
Deadline for submitting nominations will be the day before the meeting @ 12:00pm.
A list of all nominations will be sent to all coaches via email the night before the meeting.
The 4 x 400m Relay will always be selected first.

Updated for WT 2024

All Standards FAT	"B" BOYS	"A" BOYS	All Standards FAT	"B"GIRLS	"A" GIRLS
55 Meters	6.68	6.65	55 Meters	7.49	7.41
300 Meters	36.32	35.93	300 Meters	42.11	41.65
400 Meters	-----------	50.09+	400 Meters	-----------	58.83+
600 Meters	1:24.15	1:22.58	600 Meters	1:38.82	1:37.91
800 Meters	-----------	1:56.10+	800 Meters	-----------	2:18.04+
1000 Meters	2:36.93	2:35.26	1000 Meters	3:04.92	3:03.49
1600 Meters	4:23.65	4:19.84	1600 Meters	5:08.99	5:04.07
3200 Meters	9:35.61	9:30.63	3200 Meters	11:15.68	11:06.19
55 Meters Hurdles	7.83	7.78	55 Meters Hurdles	8.68	8.57
Shot Put	53-8	55-0	Shot Put	39-1	40-10.5
High Jump	6-4	6-6	High Jump	5-2	5-4
Pole Vault	13-6	14-0	Pole Vault	9-6	10-6
Long Jump	-----------	22-3.5#	Long Jump	-----------	17-8.25#
Triple Jump	-----------	44-6#	Triple Jump	-----------	35-10#
4 x 400m	----------	3:28.32	4 x 400m	-----------	4:08.60

"A" Standard 8th best mark at the County Championships All Time
"B" Standard 16th best mark at the County Championships All Time
+400m & 800m "A" Standard is the 11th All Time mark in Morris County (Mile Split)
#Long Jump & Triple "A" Standard is the "B" Standard from Spring Track