

2025
JACK YOCKERS
Bergen County Relays

DATES and TIMES

Wednesday, April 9th – Div. A, B & E – at Hackensack HS 3:30

Friday, April 11th – All divisions at River Dell High School - Field Events start at 3:30
- Running Events start at 4:00

Saturday, April 12th – All divisions at River Dell High School – all events start at 9:00

Meet Notes: PLEASE READ CAREFULLY.

1. In order to enter the meet, you **MUST** send in your paper entry by Friday April 4 **AND** go to NJMilesplit and register your team for this meet. You will have until 3:00pm on Tuesday April 8 to update your entries on Milesplit for all relays. If you have to make a change, you can the day of the meet as long as your team and athletes have already been entered online. There will be no new entries the day of the meet.
2. The meet will be run in four divisions, two for boys and two for girls. (divisions A – B – E combined and divisions C – D combined), **EXCEPT FOR** the 4 x 100. The 4 x 100 will be run by divisions. It will be scored in ten divisions, divisions A, B, C, D, E, for boys and divisions A, B, C, D, E, for girls.
3. The top six teams in each of the ten divisions will score. (10-8-6-4-2-1)
4. Only the top six overall teams will receive medals. (ex: The top 6 teams among the A – B – E schools that compete together. This is for all events).
5. Entry fee is \$32.00 per team. One team per school in each event.
6. ¼ inch spikes may be worn. Bring your own starting blocks.
7. **ALL** throwing implements must be approved by the weight master before the meet.
8. National federation rules regarding uniforms will be in effect.
9. All field events athletes will have 3 trials, no finals. (pole vault and high jump excluded)
10. In all field events, 3 athletes must be entered and all 3 must compete.
11. 400m intermediate hurdles will be entered and seeded as an individual event. Points and medals will be awarded to 3-person teams based on total time. Heats will be run according to seed, not teams.
12. High Jump/Pole Vault opening heights are listed. Progressions will be determined by meet management.
13. Once the meet begins, everyone must be off the infield and remain off the infield.

AWARDS: Plaque to first place team in each division. Plaque to the winning coach in each Division & four outstanding athletic awards:

Steve Finlay Award - Outstanding Field (Male)

Dick Hitt Award - Outstanding Field (Female)

Bernard Smith Award - Outstanding Track (Male)

Jacob Brown Award - Outstanding Track (Female)

MAIL ENTRIES TO: **Paul Cordero**
630 Waverly Road
Ridgewood, NJ 07450

EMAIL ENTRY TO: **pcordero414@gmail.com**

(Questions: call Paul Cordero at 201-304-2286 or Mike Ryan at 551-404-8425)

ENTRIES CLOSE FRIDAY, APRIL 4th

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SCHEDULE OF EVENTS

Wednesday, April 9, 2025: @ Hackensack High School – 3:30

- | | | |
|----------|-----------|------------|
| 1. Boys | A – B – E | Discus |
| 2. Girls | A – B – E | Javelin |
| 3. Girls | A – B – E | High Jump |
| 4. Boys | A – B – E | Pole Vault |

Starting Heights – HJ: Girls 4-0; Boys 5-0 – Progressions to be determined by meet management

PV: Girls 6-0; Boys 9-0 – Progressions to be determined by meet management

Friday, April 11, 2025: @ River Dell High School - Field Events start at 3:30
- Track Events start at 4:00

TRACK: 4:00 BOYS followed by GIRLS - Div. C – D followed by A – B – E

1. 4:00 pm: 3 X 400 Hurdles – Boys followed by Girls (See #11 in the meet notes)
2. 4:45 pm: 6400 Meter Relay (4 x 1600) – Boys followed by Girls
3. 6:30 pm: 800 Meter Relay (4 x 200) - Boys followed by Girls

FIELD: 3:30: (3 participants per relay)

1. Shot Boys Division C – D followed by Girls Division C – D
2. Javelin Boys Division A – B – E
3. Discus Girls Division A – B – E
4. Pole Vault Girls Division A – B – E
5. High Jump Boys Division C – D

Starting Heights – HJ: Girls 4-0; Boys 5-0 – Progressions to be determined by meet management

PV: Girls 6-0; Boys 9-0 – Progressions to be determined by meet management

6. Triple Jump: Runway #1: Boys Divisions A – B – E followed by Boys Divisions C – D
Runway #2: Girls Divisions C – D followed by Girls Divisions A – B – E

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Saturday, April 12, 2025: @ River Dell High School

TRACK: 9:00 – BOYS followed by GIRLS - Div. C – D followed by A – B – E

1. 9:00 am Distance Medley (1200-400-800-1600)
2. 10:00 am Shuttle Hurdles
3. 10:30 am 400m Relay (4 x 100)
4. 11:00 am Sprint Medley (200-200-400-800) **New order this year**
5. 12:00 pm 3200m Relay (4 x 800)
6. 12:55 pm Frosh 1600m Relay (4 x 400)
7. 1:20 pm 1600m Relay (4 x 400)

FIELD: 9:00

1. Shot Put: Boys Divisions A – B – E followed by Girls Divisions A – B – E
2. Discus: Girls Divisions C – D followed by Boys Divisions C – D
3. Javelin: Boys Divisions C – D followed by Girls Divisions C – D
4. Pole Vault: Boy Division C – D followed by Girls Divisions C – D
5. High Jump: Girls Divisions C – D followed by Boys A – B – E
Starting Heights – HJ: Girls 4-0; Boys 5-0 – Progressions to be determined by meet management
PV: Girls 6-0; Boys 9-0 – Progressions to be determined by meet management
6. Long Jump: Runway #1: Boys Div. C – D followed by Boys Div. A – B – E
Runway #2: Girls Div. A – B – E followed Girls Div. C – D

**BERGEN COUNTY TRACK RELAY / GROUP CHAMPIONSHIPS
MEET QUARTILE
2025**

Division A (11)

Bergen Tech	1,659
Ridgewood	1,317
Hackensack	1,315
Fair Lawn	1,228
Cliffside Park	987
Teaneck	956
No. Highlands	946
Garfield	943
Bergenfield	898
Ramapo	893
Fort Lee	884

Division B (12)

Tenafly	872
Dwight Morrow	818
Paramus	810
Old Tappan	804
River Dell	788
Demarest	767
Ridgefield Pk.	764
Pascack Valley	716
Lodi	654
Mahwah	646
Elmwood Park	634
Becton	629

Division C (12)

Lyndhurst	628
Leonia	605
Westwood	582
Ramsey	576
Dumont	576
Glen Rock	566
Pascack Hills	548
Rutherford	540
Indian Hills	484
North Arlington	468
New Milford	436
Saddle Brook	406

Division D (12)

Ridgefield	389
Palisades Park	377
Cresskill	373
Hasbrouck Hts.	370
Waldwick	328
Bergen Charter	302
Wallington	283
Wood-Ridge	278
Bogota	276
Park Ridge	254
Emerson	208
Midland Park	162

Division E (9)

Don Bosco
Bergen Catholic
St. Joes
Paramus Catholic
St. Mary's
IHA
Holy Angels
Dwight-Englewood
Saddle River Day

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ENTRY

SCHOOL _____

School Phone _____

BOYS COACH _____

Home Phone _____

GIRLS COACH _____

Home Phone _____

DIVISION _____

Check events you are competing in
(one boy and one girl relay per school; except frosh 4 x 400 relay – unlimited)

EVENTS

	<u>BOYS</u>	<u>GIRLS</u>
400m Relay	_____	_____
800m Relay	_____	_____
1600m Relay	_____	_____
3200m Relay	_____	_____
6400m Relay	_____	_____
Sprint Med.	_____	_____
Distance Med.	_____	_____
H. Hurd. Rel.	_____	_____
Int. Hurd. Rel.	_____	_____
Frosh 1600m	_____	_____ (Unlimited)
Shot Put	_____	_____
Discus	_____	_____
Javelin	_____	_____
High Jump	_____	_____
Long Jump	_____	_____
Triple Jump	_____	_____
Pole Vault	_____	_____

Number of Relays Entered = _____ x \$32.00 = _____ (TOTAL ENTRY FEE)

Make Check Payable to: B. C. C. A.

Mail Check and Entry to: Paul Cordero
630 Waverly Road
Ridgewood, NJ 07450

Email to: pcordero414@gmail.com