

## Coaches:

**We are putting on an Outdoor Winter Track Meet at Wayne Valley High School.**

**Tuesday, January 30, 2024 – 4PM start – Raindate 1/31/24**

**Our goal is to have a 2 hour meet**

### Order of events

4 X 800 Relay	VB – VG – NB – NG
55 meter hurdles	VB – NB – FB – VG – NG – FG
55 meter dash	VB – VG – NB – NG – FB – FG
4 X 200 relay	VB – VG – NB – NG – FB - FG
800 meter run	NB – NG – FB – FG
1600 meter run	VB – VG (5 per school max)
4 X 400 relay	VB – VG – NB – NG

Shot Put VB – VG – NB – NG (3 Throws) (Outdoor Shots)

## Wayne Valley Outdoor/Winter Track Meet

Tuesday, January 30, 2024 – Raindate Wednesday, January 31st

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1. **Entries Close Wednesday, January 24th** – The Meet may close before that date if it has reached it's school capacity.
2. A **NOVICE** athlete is one who has not won a VARSITY individual medal in Indoor or Outdoor Track. All individual winners of novice competitions should be moved up to the open division for the next meet. (Let's make the Novice Competition better)
3. You can enter as many individuals and relay teams (**only one Varsity**) as you wish. Please bring your own batons.
4. In the Shot Put (Outdoor Shots) – we will do Varsity First – then Novice until the running events have concluded.
5. Awards: **Five** deep in every event.

# Wayne Valley Outdoor/Winter Track Meet

Wayne Valley High School, Wayne, NJ

## ENTRY FORM:

School \_\_\_\_\_

School Address \_\_\_\_\_

Coach \_\_\_\_\_ Cell Phone \_\_\_\_\_

E-Mail \_\_\_\_\_

A.D.'s Fax Number \_\_\_\_\_

Entries Close: **January 24, 2024**

**Mail To:** Brian Rodak  
361 N. Central Ave  
Ramsey, NJ 07446

Individuals \_\_\_\_\_ X \$7.00 = \_\_\_\_\_

Relays \_\_\_\_\_ X \$25.00 = \_\_\_\_\_

**Total School Entry** \_\_\_\_\_

**Email:** [nibta@aol.com](mailto:nibta@aol.com)

Make Checks Payable to: **Bergen Track & Field LLC (Fed # 45-0600026)**