

Sophomore Championships
Ramsey High School
June 1, 2021

ORDER OF EVENTS

2:30 PM 400 Meter Hurdles, boys followed by girls
100 Meter Dash Trials and Semis (if Necessary)
1600 Meter Run
Boys 110 Meter High Hurdles Trials/Semis/Finals
Girls 100 Meter High Hurdles Trials/Semis/Finals
400 Meter Dash Final on Time
100 Meter Dash Final
800 Meter Run Final
200 Meter Dash Final on Time
3200 Meter Run
1600 Meter Relay

FIELD EVENTS

2:30PM	Discus	Boys then Girls
	Shot	Girls then Boys
	Javelin	Open Runway until 5:15PM THEN FINALS
	High Jump	Girls then Boys
	Pole Vault	Boys then Girls
	Triple Jump	Open Pit 4:00PM -5:15PM THEN FINALS
	Long Jump	Open Pit 4:00PM -5:15PM THEN FINALS

Pole Vault starting Heights	Boys 9-6 then up by 6 inches
	Girls 7-0 then up by 6 inches

High Jump starting Heights	Boys 5-0 then up by 2 inches
	Girls 4-0 then up by 2 inches

THE NORTHERN NEW JERSEY SOPHOMORE INVITATIONAL
TRACK AND FIELD CHAMPIONSHIP
June 1, 2021

1. Unlimited entries in every event.
2. No names necessary, simply list the total number of athletes entered in each event.
3. Entry fees: \$6.00 per athlete per event; \$20.00 per relay team.

SCHOOL **GROUP** **COACH**

SCHOOL PHONE **Cell #**

<u>EVENT</u>	<u>BOYS</u>	<u>GIRLS</u>
	<u>NUMBER OF ENTRIES</u>	
100 m.	_____	_____
200 m.	_____	_____
400 m.	_____	_____
800 m.	_____	_____
1600 m.	_____	_____
3200 m.	_____	_____
HIGH HURDLES	_____	_____
INT. HURDLES	_____	_____

1600 METER RELAY	_____	_____

SHOT PUT	_____	_____
DISCUS THROW	_____	_____
JAVELIN THROW	_____	_____
LONG JUMP	_____	_____
TRIPLE JUMP	_____	_____
HIGH JUMP	_____	_____
POLE VAULT	_____	_____

Total number of entries _____ X \$6.00 = \$ _____

Total number of entries _____ X \$20.00 = \$ _____

Total entry fee\$ _____

Mail entries to: **Brian Rodak 1 Adobe Drive, Wayne, NJ 07470**

Make out checks to: Bergen Track & Field LLC **Fax # (973) 907-2642**
(FED. ID # 45-0600026) **Email: njbta@aol.com**

Covid Track Meet Guidelines

NO SPECTATORS ALLOWED

Individuals

1. Everyone wears a mask unless competing
2. Athletes will wear a mask when checking in for their events
3. Please make every effort to social distance when not competing.

Teams

- 1. NO TENTS ALLOWED**
2. Teams are to keep to themselves (Team social distance)
3. Teams will bring their own equipment to be used by their school only

School Shutdowns

1. If the Host School shuts down because of a Covid outbreak, there is good chance that meet will be canceled