THE NORTHERN NEW JERSEY SOPHOMORE INVITATIONAL TRACK AND FIELD CHAMPIONSHIPS

ALL Groups meet - Tuesday, June 1st

Dear Coach:

Enclosed are the entry forms and order of events for the Boys and Girls Sophomore Track and Field Championships. We know from past interest that you have found this meet to be an asset to your program. The Meet will be held at **Ramsey High School's Track Site** located on Prospect Street in Ramsey.

The starting time of the meet will be 2:30 P.M. for all events.

MEET INFORMATION

- 1. Awards: Top Six in each event Team Trophy to Top Group I & Group II Teams
- 2. Spikes Pins allowed in all events Javelin runway also.
- 3. Bring Batons and Pins
- 4. Entries Close: Wednesday, May 26, 2021
- 5. Pole Vault starting Heights Boys 9-6 then up by 6 inches Girls 7-0 then up by 6 inches
- 6. High Jump starting Heights Boys 5-0 then up by 2 inches Girls 4-0 then up by 2 inches

For the purposes of this meet, a sophomore will be defined as a student meeting regular N.J.S.I.A.A. eligibility requirements and who is:

- 1. In his/her first year of a three year high school; or
- 2. In his/her second year of a four-year high school.

Freshmen are not permitted in this meet

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

SCHOOL_	GROUP	COACH	
SCHOOL PHONE	Cell	#	
EVENT	BOYS GIRLS NUMBER OF ENTRIES		<u>S</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, N	J 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