

Coaches Information Sheet for 2022 Meets at Rockland Community College (Includes BN Frosh/Novice, Paul Schwartz and Ridgewood II):

Tell your athletes: *NO Spectators!*

Masks must be worn unless actively competing. (Coaches also)

Field House is limited to 2000 including athletes, coaches and officials.

The entry blank includes a place to indicate how many athletes you will bring to the meet. When the number reaches 2000 the meet will be closed.

AS of November 1 there are no vaccination requirements.

Again: NO SPECTATORS; they will be turned away at the door.

THE BIG NORTH FROSH-NOVICE MEET

Rockland Community College

January 3 2022 4:30 PM

Participation limited to Big North Schools Only!

ORDER OF EVENTS

Girls race first, followed by boys, frosh then novice

On the Track

3200 Meter Run (*NOVICE ONLY*)

400 Meter Dash

4 x 800 Meter Relay

1600 Meter Run

200 Meter Dash

800 Meter Run

4 x 400 Meter Relay

In the Infield

55 hurdles *boys then girls* trials, semis, and finals

55 dash *girls then boys* trials, semis and finals

Field Events:

Shot Put (3 Throws-no finals) Girls frosh followed by novice @ 4:30. Boys to begin at the conclusion of the dash and hurdles; frosh followed by novice.

Long Jump girls then boys (3 Jumps, no finals, frosh novice jump open pit separate medals)

Triple Jump boys then girls (3 Jumps, no finals frosh novice jump open pit separate medals)

High Jump---will begin at 4:30 boys then girls. (1 Pit) Starting heights to be determined.

Pole Vault---Begin promptly at 4:30 girls then boys---opening heights: f-girls 6' nov girls-7'
f-boys 8' nov boys 9'

Meet directors reserve the right to increase opening heights if entries warrant.

Medals to top 6 places in each event in each division.

For meet information email: mike@coachglynn.com or ejchurch2@gmail.com

BN Frosh Novice Entry

January 3, 2022 4:30

<u>EVENTS</u>	<u>GIRLS</u>		<u>BOYS</u>	
	Frosh*	Novice	Frosh	Novice
55				
55HH				
200				
400				
800				
1600				
3200	XXX		XXX	
SP				
LJ				
TJ				
HJ				
PV				
4X400				
4X800				

*FROSH ARE IN THEIR FIRST YEAR OF HIGH SCHOOL. NOVICE HAVE NOT WON A VARIETY MEDAL

TOTAL # OF INDIVIDUALS @ \$7.00_____ TOTAL # OF RELAYS @ \$20.00_____

Entries close **WEDNESDAY 12/30/21** Make Checks Payable to: **Bergen Track & Field LLC**

Entries Limited to Big North Schools only.

Entries To: **Mike Glynn** or email: mike@coachglynn.com
19 E. Lewis Street
Pearl River, NY 10965

Important: List the total # of athletes and coaches who will be attending_____

School_____

Coach_____ email_____

Coach Cell#_____ AD Fax #_____