

Gene "Red" Littler
2024
Bergen County Championships

Friday, May 10, 2024 @ Old Tappan High School – Groups A, B & E at 3:30pm

Friday, May 10, 2024 @ Hasbrouck Heights Depken Field – Groups C & D at 3:30pm

Saturday, May 11, 2024 @ Old Tappan High School – All Groups at 8:45am (coaches meeting at 8:35)

MEET ENTRY PROCESS

- 1. In order to enter the meet, you MUST send in your paper entry AND go to NJMilesplit and register your team for this meet. You will have until 3:00pm on Thursday the day before the meet to update your entries for each event.**
- 2. The meet will be completely seeded beforehand. (Just like everyone's League Meets)**
- 3. Day of the meet, you may make a few changes – NO SEED CHANGES**
- 4. There will be NO NEW ENTRIES ON THE DAY OF THE MEET**

Additional Meet Info

- 1. The meet will be run in ten sections:**

DIVISION	A	BOYS & GIRLS
DIVISION	B	BOYS & GIRLS
DIVISION	C	BOYS & GIRLS
DIVISION	D	BOYS & GIRLS
DIVISION	E	BOYS & GIRLS

2. Limit of three (3) contestants per event. ONE RELAY TEAM
3. Entry Fee: \$ 12.00 per individual - \$ 30.00 per Relay Team
- 4. Entries Close: Friday, May 3, 2024**
5. Awards: Trophies to first place team in each division. Medals to the top 6 finishers in all events.
6. Scoring: 10 - 8 - 6 - 4 - 2 - 1
7. Trials and finals in all field events.
8. Spikes allowed – ¼ inch, bring your own starting blocks
9. Starting heights determined by meet management
10. Uniform rule enforced in all events.
11. All throwing implements must be approved by the weight master BEFORE the meet.
- 12. The Meet may run up to 20 – 30 minutes ahead of schedule.**

Checks Payable to: BCCA

Mail To: Lindsey Reggo
310 Hamilton Ave.
Hasbrouck Heights, NJ 07604

Email to: LReggo23@gmail.com

(Questions, call Lindsey Reggo at 201-803-1796 or Mike Ryan at 551-404-8425)

Gene "Red" Littler Bergen County Meet

Friday, May 10, 2024

A, B & E Divisions @ Old Tappan High School

C & D @ Hasbrouck Heights – Depken Field

FIELD EVENTS: 3:30pm All throwing implements must be approved before the meet

Boys	Javelin Final	A – B – E	D – C
Boys	Discus Final	B – E – A	
Girls	Shot Final	E – A – B	C – D
Boys	Long Jump	A – B – E	C – D
Girls	Long Jump	E – A – B	D – C
Boys	Pole Vault Final	A, B, E together	C, D together
Girls	High Jump Final	B – E – A	C – D

RUNNING EVENTS: 3:30pm

3:30	Boys	400m IH	A – B – E	C – D
3:45	Girls	400m IH	A – B – E	C – D
4:00	Boys	100m Trials	A – B – E	C – D
4:10	Girls	100m Trials	A – B – E	C – D
4:20	Boys	1600m	A	C
4:35	Girls	1600m	A	C
4:50	Boys	100m Final	A – B – E	C – D
4:55	Girls	100m Final	A – B – E	C – D
5:00	Boys	1600m	B – E	D
5:15	Girls	1600m	B – E	D
5:30	Boys	400m Finals	A – B – E	C – D
5:45	Girls	400m Finals	A – B – E	C – D
6:00	Boys	4 X 800m Relay	A	C
6:10	Girls	4 X 800m Relay	A	C
6:25	Boys	4 X 800m Relay	B&E(combined?)	D
6:35	Girls	4 X 800m Relay	B&E (combined?)	D

Gene "Red" Littler Bergen County Meet

Saturday, May 11, 2024

All Divisions @ Old Tappan High School

Coaches Meeting 8:35 AM

RUNNING EVENTS: 8:45am

8:45am	Boys	3200m		A – B / C – D – E (combined?)
9:30 am	Boys	110m	High Hurdles Trials	A – B – C – D – E
9:50 am	Girls	100m	High Hurdles Trials	A – B – C – D – E
10:10 am	Girls	3200m		A – B / C – D – E (combined?)
11:00 am	Girls	100m	High Hurdles Finals	A – B – C – D – E
11:10 am	Boys	110m	High Hurdles Finals	A – B – C – D – E
11:20	Boys	800m		A – B – C – D – E
11:50 am	Boys	4 X 100m Relay		A – B – C – D – E
12:10 pm	Girls	4 X 100m Relay		A – B – C – D – E
12:35 pm	Girls	800m		A – B – C – D – E
1:05 pm	Boys	200m	Finals	A – B – C – D – E
1:30 pm	Girls	200m	Finals	A – B – C – D – E
1:55 pm	Boys	4 X 400 M Relay		A – B – C – D – E
2:20 pm	Girls	4 X 400 M Relay		A – B – C – D – E

FIELD EVENTS: 8:45am All throwing implements must be approved before the meet

Girls	Pole Vault	A, B together then C, D, E together
Boys	High Jump	B – <u>D&E together</u> – A – C
Girls	Discus	D – C – E – A
Boys	Discus	C – D then Girls B
Girls	Javelin	E – B – A – D – C
Boys	Shot	A – E – C – D – B
Girls	Triple Jump	A – B – C – D – E
Boys	Triple Jump	E – C – D – B – A

**BERGEN COUNTY TRACK RELAY / GROUP CHAMPIONSHIPS
MEET QUARTILE
2024**

Division A (11)

Bergen Tech	1,696
Hackensack	1,322
Ridgewood	1,313
Fair Lawn	1,185
No. Highlands	961
Teaneck	928
Tenafly	917
Bergenfield	911
Ramapo	911
Cliffside Pk.	908
Garfield	852

Division B (12)

Fort Lee	838
Paramus	827
Dwight Morrow	759
Old Tappan	759
River Dell	738
Demarest	736
Pascack Valley	736
Ridgefield Pk.	672
Lodi	666
Leonia	648
Mahwah	638
Westwood	604

Division C (12)

Pascack Hills	595
Indian Hills	594
Lyndhurst	594
Ramsey	593
Elmwood Park	588
Dumont	569
Rutherford	564
Becton	539
Glen Rock	518
New Milford	442
North Arlington	423
Hasbrouck Hts.	404

Division D (12)

Saddle Brook	386
Ridgefield	372
Cresskill	371
Palisades Pk.	355
Waldwick	323
Wood-Ridge	290
Wallington	278
Bergen Charter	276
Bogota	261
Park Ridge	256
Emerson	220
Midland Park	136

Division E (10)

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

Bergen County Championships

ENTRY FORM

SCHOOL _____

School Phone _____

BOYS COACH _____

Home Phone _____

GIRLS COACH _____

Home Phone _____

DIVISION _____

****MAX 3 Entries Per Event / Per School****

Number of Athletes

BOYS(3) GIRLS(3)

110m / 100m High Hurdles	_____	_____
400m Intermediate Hurdles	_____	_____
100m	_____	_____
200m	_____	_____
400m	_____	_____
800m	_____	_____
1600m	_____	_____
3200m	_____	_____
High Jump	_____	_____
Long Jump	_____	_____
Triple Jump	_____	_____
Shot Put	_____	_____
Discus	_____	_____
Javelin	_____	_____
Pole Vault	_____	_____

MAX 1 relay per school

BOYS(1) GIRLS(1)

4 X 100 Relay (400m)	_____	_____
4 X 400 Relay (1600m)	_____	_____
4 X 800 Relay (3200m)	_____	_____

Individual Entries _____ x \$12.00 = _____

Relay Entries _____ x \$30.00 = _____

Total Fee = _____

Checks Payable to: BCCA

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310 Hamilton Ave.
Hasbrouck Heights, NJ 07604**

Email to: LReggo23@gmail.com

(Questions, call Lindsey Reggo at 201-803-1796 or Mike Ryan at 551-404-8425)

2024

Lou Lanzalotto

BERGEN COUNTY MEET OF CHAMPIONS

Friday, May 17, 2024 @ Hackensack High School

The finest athletes in Bergen County will be competing in this meet.

AWARDS THAT WILL BE GIVEN AT THE END OF THIS MEET:

TOM ZACCONE AWARD	OUTSTANDING GIRLS TRACK ATHLETE
MIKE GLYNN AWARD	OUTSTANDING BOYS TRACK ATHLETE
ED CHURCH AWARD	OUTSTANDING BOYS FIELD ATHLETE
PAUL SCHWARTZ AWARD	OUTSTANDING GIRLS FIELD ATHLETE

ORDER OF EVENTS

FIELD STARTING AT 3:30 PM

Boys TRIPLE JUMP	followed by	Boys LONG JUMP
Girls LONG JUMP	followed by	Girls TRIPLE JUMP
Boys POLE VAULT	followed by	Girls POLE VAULT
Girls HIGH JUMP	followed by	Boys HIGH JUMP
Boys DISC	followed by JAVELIN	followed by SHOT
Girls JAVELIN	followed by SHOT	followed by DISC

AWARDS CEREMONY AT 5:40: Awards presentation to the Bergen County Relays / Divisional Champions and County Relays most outstanding athletes. Presentation of the Brett Taylor Scholarship winners.

TRACK STARTING AT 6:00 PM

ON TRACK GIRLS FOLLOWED BY BOYS

6:00 pm	GIRLS	HURDLE TRIALS
6:05 pm	BOYS	HURDLE TRIALS
6:15 pm	GIRLS	100 TRIALS
6:20 pm	BOYS	100 TRIALS

FINALS STARTING AT 6:30 PM

ON TRACK GIRLS FOLLOWED BY BOYS

6:30 pm	400	METER INTERMEDIATE HURDLES
6:45 pm	100	METER DASH
6:50 pm	1600	METER RUN
7:10 pm	400	METER DASH
7:20 pm	110 or 100	METER HURDLES
7:30 pm	800	METER DASH
7:40 pm	200	METER DASH
7:50 pm	3200	METER RUN
8:20 pm	1600	METER RELAY