

# 2019 BERGEN COUNTY INDOOR RELAYS CHAMPIONSHIPS

## Meet Information

### All Events

Date: Wednesday, January 23, 2019

Site: 168<sup>th</sup> Armory

Time: 5:15PM

**Awards:** Top six teams overall in each event.  
First Place Team trophy in each division.

**Scoring and Team Separation:** The entire meet will be divided into three divisions. Non Public and two Public divisions based on enrollment. Scoring will be **six** places in each division (10-8-6-4-2-1) with medals going to the top **six** teams overall.

**Seeding:** Seeding of all events will be done the evening of the meet

**Misc. Info:** You may enter only **ONE VARSITY** team in each relay.  
The six jump rule may be in effect for the high jump.  
You must have 2 athletes check in for all field events!  
Each Team must supply their own batons. Bring safety pins!

**In order to enter the meet you MUST go to NJ Milesplit and enter all your athletes into the meet. Your entire team roster will be given individual numbers which you will enter on your event cards. You STILL MUST turn your event card when called to the Clerks!!!**

**Entry Due: January 16, 2019**

Make Checks Payable To: B.C.C.A.

Questions? Call Brian Rodak (973) 831-2412 in the evening.

## 2019 BERGEN COUNTY INDOOR RELAY CHAMPIONSHIP

168 St. Armory, N.Y.C.

Wednesday, January 23, 2019

### Order of Events

- |     |                                |                                 |
|-----|--------------------------------|---------------------------------|
| 1.  | Boys Shuttle Hurdle Relay      | Long Jump – Boys and Girls      |
| 2.  | Girls Shuttle Hurdle Relay     | (90 minutes to jump)            |
| 3.  | Boys 4 X 1600 Meter Relay      | Triple Jump – follows long jump |
| 4.  | Girls 4 X 1600 Meter Relay     | Boys and Girls                  |
| 5.  | Boys 800 Meter Relay           | (90 minutes to jump)            |
| 6.  | Girls 800 Meter Relay          | Shot Put - Varsity Boys         |
| 7.  | Boys 3200 Meter Relay          | Varsity Girls                   |
| 8.  | Girls 3200 Meter Relay         |                                 |
| 9.  | Boys Sprint Medley             | High Jump – Girls start at 4-0  |
| 10. | Girls Sprint Medley            | Boys start at 5-0               |
| 11. | Boys Distance Medley           |                                 |
| 12. | Girls Distance Medley          |                                 |
| 13. | Boys Varsity 1600 Meter Relay  | Pole Vault – Girls 7-0, 8-6 ??? |
| 14. | Girls Varsity 1600 Meter Relay | Boys 9-0, 10-6 ???              |

Order of the Distance Medley 1200 – 400 – 800 – 1600

Order of the Sprint Medley 400 – 200 – 200 - 800

**In all Field Event Relays – If one of the competitors fails to make a height or obtain a measured jump or throw - the entire relay team is disqualified from the event.**

# BERGEN COUNTY INDOOR TRACK RELAYS ENTRY FORM:

168<sup>TH</sup> street Armory – Wednesday, January 23, 2019

School \_\_\_\_\_ Coach \_\_\_\_\_

Coach's Home Phone \_\_\_\_\_

Event	Var. Boys	Var. Girls	Names _____ _____ _____ _____
4X1600 Meter Relay			
seed time	_____	_____	
Shuttle Hurdle Relay			
800 Meter Relay			
Sprint Medley			
Distance Medley			
3200 Meter Relay			
1600 Meter Relay			
Shot Put Relay (2 man)			
High Jump Relay (2 man)			
Long Jump Relay (2 man)			
Triple Jump Relay (2 man)			
Pole Vault Relay (2 man)			

Entry Fee: \_\_\_\_\_ # of teams X \$25.00 = \_\_\_\_\_

**Entries Due: January 17, 2018**

**Mail To:** Brian Rodak  
1 Adobe Drive  
Wayne, N.J. 07470

**Make Checks Payable To:** B.C.C.A.

**Fax # (973) 907-2642 or  
Email: njbta@aol.com**

**Principal's Signature:** \_\_\_\_\_

**NO COVER PAGE**

# NEW INFIELD RULES

1. **THERE WILL NO COACHES BY THE FINISH LINE AT ANYTIME DURING THE MEET** – If one of your coaches gets asked a second time to leave the area, your team running will be disqualified (DQ for not following an officials direction) or your team in the upcoming event will not be allowed to compete.
2. No coaches are to be on the **raised** long/triple jump areas. No one (coaches and athletes) are to be between the runway and the track while races are being run. (This allows the officials to see the runners)
3. There will be a coaching boxes set up:
  - A. Between the high jumps, blocked off by hurdles after the shuttle hurdles.
  - B. Behind the Pole Vault pit for girls high jump
  - C. Off the track near the wall for the long/triple jumps
4. **No BACKPACKS or BAGS** allowed on the infield at any time.
5. During the shuttle hurdles – Coaches may be on the track for the long jump
6. During the 6400 relay coaches may stand in a coach's box which is located before the finish line and between the long jump runway and the track.