

**2024**  
**JACK YOCKERS**  
**Bergen County Relays**

**DATES and TIMES**

Wednesday, April 17<sup>th</sup> – Div. A, B & E – at Hackensack HS 3:30

Friday, April 19<sup>th</sup> – All divisions at River Dell High School - Field Events start at 3:30  
- Running Events start at 4:00

Saturday, April 20<sup>th</sup> – All divisions at River Dell High School – all events start at 9:00

**Meet Notes: PLEASE READ CAREFULLY.**

1. In order to enter the meet, you **MUST** send in your paper entry by Friday April 12 **AND** go to NJMilesplit and register your team for this meet. You will have until 3:00pm on Tuesday April 16 to update your entries on Milesplit for all relays. If you have to make a change, you can the day of the meet as long as your team and athletes have already been entered online. There will be no new entries the day of the meet.
2. The meet will be run in four divisions, two for boys and two for girls. (divisions A – B – E combined and divisions C – D combined), **EXCEPT FOR** the 4 x 100. The 4 x 100 will be run by divisions. It will be scored in ten divisions, divisions A, B, C, D, E, for boys and divisions A, B, C, D, E, for girls.
3. The top six teams in each of the ten divisions will score. (10-8-6-4-2-1)
4. Only the top six overall teams will receive medals. (ex: The top 6 teams among the A – B – E schools that compete together. This is for all events).
5. Entry fee is \$30.00 per team. One team per school in each event.
6. ¼ inch spikes may be worn. Bring your own starting blocks.
7. **ALL** throwing implements must be approved by the weight master before the meet.
8. National federation rules regarding uniforms will be in effect.
9. All field events athletes will have 3 trials, no finals. (pole vault and high jump excluded)
10. In all field events, 3 athletes must be entered and all 3 must compete.
11. 400m intermediate hurdles will be entered and seeded as an individual event. Points and medals will be awarded to 3-person teams based on total time. Heats will be run according to seed, not teams.
12. High Jump/Pole Vault opening heights are listed. Progressions will be determined by meet management.
13. Once the meet begins, everyone must be off the infield and remain off the infield.

**AWARDS:** Plaque to first place team in each division. Plaque to the winning coach in each Division & four outstanding athletic awards:

Steve Finlay Award - Outstanding Field (Male)

Dick Hitt Award - Outstanding Field (Female)

Bernard Smith Award - Outstanding Track (Male)

Jacob Brown Award - Outstanding Track (Female)

MAIL ENTRIES TO: **Lindsey Reggo**  
**310 Hamilton Ave.**  
**Hasbrouck Heights, NJ 07604**

EMAIL ENTRY TO: **LReggo23@gmail.com**

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

**ENTRIES CLOSE FRIDAY, APRIL 12<sup>th</sup>**

**2024**  
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**SCHEDULE OF EVENTS**

**Wednesday, April 17, 2024: @ Hackensack High School – 3:30**

- |          |           |            |
|----------|-----------|------------|
| 1. Boys  | A – B – E | Discus     |
| 2. Girls | A – B – E | Javelin    |
| 3. Girls | A – B – E | High Jump  |
| 4. Boys  | A – B – E | Pole Vault |

**Starting Heights** – HJ: Girls 4-0; Boys 5-0 – Progressions to be determined by meet management

PV: Girls 6-0; Boys 9-0 – Progressions to be determined by meet management

**Friday, April 19, 2024: @ River Dell High School - Field Events start at 3:30**  
**- Track Events start at 4:00**

**TRACK: 4:00 BOYS followed by GIRLS - Div. A – B – E followed by C – D**

1. 4:00 pm: 3 X 400 Hurdles – Boys followed by Girls (See #11 in the meet notes)
2. 4:45 pm: 6400 Meter Relay (4 x 1600) – Boys followed by Girls
3. 6:30 pm: 800 Meter Relay (4 x 200) - Boys followed by Girls

**FIELD: 3:30: ( 3 participants per relay )**

1. Shot Boys Division C – D followed by Girls Division C – D
2. Javelin Boys Division A – B – E
3. Discus Girls Division A – B – E
4. Pole Vault Girls Division A – B – E
5. High Jump Boys Division C – D

**Starting Heights** – HJ: Girls 4-0; Boys 5-0 – Progressions to be determined by meet management

PV: Girls 6-0; Boys 9-0 – Progressions to be determined by meet management

6. Triple Jump: Runway #1: Boys Divisions A – B – E followed by Boys Divisions C – D  
Runway #2: Girls Divisions C – D followed by Girls Divisions A – B – E

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**Saturday, April 20, 2024: @ River Dell High School**

**TRACK: 9:00 – BOYS followed by GIRLS - Div. A – B – E followed by C – D**

1. 9:00 am Distance Medley (1200-400-800-1600)
2. 10:00 am Shuttle Hurdles
3. 10:30 am 400m Relay (4 x 100)
4. 11:00 am Sprint Medley (400-200-200-800)
5. 12:00 pm 3200m Relay (4 x 800)
6. 12:55 pm Frosh 1600m Relay (4 x 400)
7. 1:20 pm 1600m Relay (4 x 400)

**FIELD: 9:00**

1. Shot Put: Boys Divisions A – B – E followed by Girls Divisions A – B – E
2. Discus: Girls Divisions C – D followed by Boys Divisions C – D
3. Javelin: Boys Divisions C – D followed by Girls Divisions C – D
4. Pole Vault: Boy Division C – D followed by Girls Divisions C – D
5. High Jump: Girls Divisions C – D followed by Boys A – B – E  
**Starting Heights – HJ: Girls 4-0; Boys 5-0 – Progressions to be determined by meet management**  
**PV: Girls 6-0; Boys 9-0 – Progressions to be determined by meet management**
6. Long Jump: Runway #1: Boys Div. C – D followed by Boys Div. A – B – E  
Runway #2: Girls Div. A – B – E followed Girls Div. C – D

**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

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**ENTRY**

**SCHOOL** \_\_\_\_\_

**School Phone** \_\_\_\_\_

**BOYS COACH** \_\_\_\_\_

**Home Phone** \_\_\_\_\_

**GIRLS COACH** \_\_\_\_\_

**Home Phone** \_\_\_\_\_

**DIVISION** \_\_\_\_\_

**Check events you are competing in**  
(one boy and one girl relay per school; except frosh 4 x 400 relay – unlimited)

**EVENTS**

	<b><u>BOYS</u></b>	<b><u>GIRLS</u></b>
400m Relay	_____	_____
800m Relay	_____	_____
1600m Relay	_____	_____
3200m Relay	_____	_____
6400m Relay	_____	_____
Sprint Med.	_____	_____
Distance Med.	_____	_____
H. Hurd. Rel.	_____	_____
Int. Hurd. Rel.	_____	_____
Frosh 1600m	_____	_____ (Unlimited)
Shot Put	_____	_____
Discus	_____	_____
Javelin	_____	_____
High Jump	_____	_____
Long Jump	_____	_____
Triple Jump	_____	_____
Pole Vault	_____	_____

Number of Relays Entered = \_\_\_\_\_ x \$30.00 = \_\_\_\_\_ (TOTAL ENTRY FEE)

**Make Check Payable to: B. C. C. A.**

**Mail Check and Entry to:** Lindsey Reggo  
310 Hamilton Ave.  
Hasbrouck Heights, NJ 07604

Email to: [LReggo23@gmail.com](mailto:LReggo23@gmail.com)