

North Jersey Championships

Dear Coach,

The Bergen Track & Field LLC is happy to provide an Invitational Cross-Country Meet in North Jersey at Garret Mt. in Woodland Park on **October 31, 2020**. This entry also covers the North Jersey Finale on November 7th.

See you on the 31st

Meet Director's

Meet Information

1. Entry Fee: \$110.00 per team \$15.00 per individual
Freshmen \$10 per individual
2. Awards: Medals to top two teams in each race (Only Varsity)
Medals to top ten in all races.
3. Schools will be placed into races according to their student enrollment.
Schools will be divided equally between each of the Varsity races. We are hoping to have 10-11 schools per race. There will be a freshmen race in every division
5. We are using **NJ Mile Split** to enter your runners – You may enter 9 and run 7
6. Bring **PINS!!!!**
7. Entries are due: **October 23, 2020**
8. Make check payable to: **Bergen Track & Field LLC**
9. Questions call: 973-831-2412 Brian Rodak
10. **The Passaic County Parks Commission has added numerous fees to run a meets at Garret Mt. We are charging each school a fee of \$20 to offset their per school charge.**

Only North Jersey Schools are invited.

We will take the fastest 10 Schools from the entire meet to advance to November 7th North Jersey Finale. We will also take all Race Champions and a total of 20 runners individual runners.

The ENTRY FEE covers both meets 10/31 & 11/7

**NO warming up or down on the course –
Once you are done competing, we ask you
to leave the mountain to comply with the
NJSIAA Covid rules.**

Remember to Enter on Mile Split & send your forms as Usual

**You MUST send me your school's insurance certificate naming
the Passaic County Parks Department as additionally insured
and the certificate holder.**

Passaic County Parks Department 209 Totowa Road Wayne, NJ 07470

**You could ask for one for the entire season from September 15th
through November 15th and send me a copy. They want me to turn
them in for each race at the mountain.**

North Jersey Championships

- Information: 1. Entry Fee: \$110.00 per team \$15.00 per individual, freshmen \$10 per
2. Checks payable to: **Bergen Track & Field LLC**
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School _____ State Group _____

Coach _____ Coach's Cell Phone _____

	<u>Full Team</u>	<u># of Varsity individuals</u>
BOYS	_____	_____
GIRLS	_____	_____

TOTAL # OF FRESHMEN _____ X \$10.00 = _____

TOTAL # OF TEAMS _____ X \$110.00 = _____

TOTAL # OF INDIVIDUALS _____ X \$15.00 = _____

GARRET MT SURCHARGE _____ **\$20.00**

TOTAL ENTRY = _____

Entry must be received by **October 23, 2020**

Mail Entry to: Brian Rodak
1 Adobe Dr
Wayne, NJ 07470

Fax #: 973-907-2642
(NO COVER SHEETS)
Email: njbta@aol.com