

**Gene "Red" Littler**  
**2023**  
**Bergen County Championships**

Friday, May 12, 2023 @ Old Tappan High School – Groups A, B & E at 3:30pm

Friday, May 12, 2023 @ Indian Hills High School – Groups C & D at 3:30pm

Saturday, May 13, 2023 @ 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 5, 2023**
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](mailto: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 12, 2023

**A, B & E Divisions @ Old Tappan High School**

**C & D @ Indian Hills High School**

**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 – <u>B&amp;E together</u>	<u>C&amp;D together</u>
Girls	High Jump Final	E – B – A	D – C

**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 13, 2023

**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**

#### Changes made on May 2, 2023

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

### 2023

#### 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
Leonida	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

# Gene "Red" Littler 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**

Mail To:

**Lindsey Reggo**

**310 Hamilton Ave.**

**Hasbrouck Heights, NJ 07604**

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

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

**2023**  
**Lou Lanzalotto**  
**BERGEN COUNTY MEET OF CHAMPIONS**

**Friday, May 19, 2023**  
**@**  
**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:**

<b>TOM ZACCONE AWARD</b>	<b>OUTSTANDING GIRLS TRACK ATHLETE</b>
<b>MIKE GLYNN AWARD</b>	<b>OUTSTANDING BOYS TRACK ATHLETE</b>
<b>ED CHURCH AWARD</b>	<b>OUTSTANDING BOYS FIELD ATHLETE</b>
<b>PAUL SCHWARTZ AWARD</b>	<b>OUTSTANDING GIRLS FIELD ATHLETE</b>

**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

**TRACK STARTING AT 6:00 PM**

**ON TRACK GIRLS FOLLOWED BY BOYS**

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

**FINALS STARTING AT 6:40 PM**

**ON TRACK GIRLS FOLLOWED BY BOYS**

6:40 pm	400	METER INTERMEDIATE HURDLES
6:55 pm	100	METER DASH
7:00 pm	1600	METER RUN
7:20 pm	400	METER DASH
7:30 pm	110 or 100	METER HURDLES
7:40 pm	800	METER DASH
7:50 pm	200	METER DASH
8:00 pm	3200	METER RUN
8:30 pm	1600	METER RELAY