

Covid Track Meet Guidelines

NO SPECTATORS ALLOWED

Individuals

1. Everyone wears a mask unless competing
2. Athletes will wear a mask when checking in for their events
3. Please make every effort to social distance when not competing.

Teams

1. Tents – No side walls allowed – everyone wears a mask under the tent
2. Teams are to keep to themselves (Team social distance)
3. Teams will bring their own equipment to be used by their school only

School Shutdowns

1. If the Host School shuts down because of a Covid outbreak, there is good chance that meet will be canceled

Gene "Red" Littler
2021
Bergen County Championships

Friday, May 21, 2021 @ Old Tappan High School – Groups A, D & E

Friday, May 21, 2021 @ Hasbrouck Heights High School – Groups B & C

Saturday, May 22, 2021 @ Old Tappan High School – All Groups

NEW MEET ENTRY PROCESS

1. You **MUST** enter your athletes into their Events by the Night before the meet on milesplit. Remember to enter the correct Group.
2. Also add your additional athletes to the Roster Collection in case of a change
3. The Meet will be completely seeded beforehand. (Just like everyone's League Meets)
4. Day of the meet, you may make a few changes – No seed changes
5. 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 3 contestants per event. ONE RELAY TEAM
3. Entry Fee: \$ 10.00 per individual - \$ 20.00 per Relay Team
4. Entries Close: Friday, May 14, 2021
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 minutes ahead of schedule.

Gene "Red" Littler Bergen County Meet
Friday, May 21, 2021

A, D & E Divisions @ Old Tappan High School B & C @ Hasbrouck Heights H. S.

FIELD EVENTS: 3:30 pm

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

RUNNING EVENTS: 3:30 pm

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

Gene “Red” Littler County Championships
Saturday, May 22 , 2021

Old Tappan High School

Coaches Meeting 8:45AM

9:00 am	Boys	110 M Hurdles Trials	A – B – C – D - E
9:20 am	Girls	100 M Hurdles Trials	A – B – C – D - E
9:40 am	Boys	800 M	A – B – C – D - E
10:05 am	Girls	800 M	A – B – C – D - E
10:30 am	Girls	100 M Hurdles Finals	A – B – C – D - E
10:40 am	Boys	110 M Hurdles Finals	A – B – C – D - E
10:50 am	Boys	3200 M	A – B
11:10 am	Boys	4 X 100 M Relay	A – B – C – D - E
11:25 am	Girls	4 X 100 M Relay	A – B – C – D - E
11:40 am	Girls	3200 M	A – B
12:10 pm	Boys	200 M Finals	A – B – C – D - E
12:30 pm	Girls	200 M Finals	A – B – C – D - E
12:50 pm	Boys	3200 M	C - D – E (combined?)
1:15 pm	Girls	3200 M	C - D – E (combined?)
1:45 pm	Boys	4 X 400 M Relay	A – B – C – D - E
2:25 pm	Girls	4 X 400 M Relay	A – B – C - D - E

Field Events 9:00 am

Girls	Pole Vault	A & B together then C,D & E together
Boys	High Jump	B – D&E – A – C
Girls	Discus	B – C – D - A
Boys	Discus	C - B then Girls E
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

Gene "Red" Littler
Bergen County Championships

SCHOOL _____ DIVISION _____

Coach _____ School Phone _____ Cell Phone _____

CIRCLE ONE - BOYS ENTRY

GIRLS ENTRY

MAX 3 Entries Per Event / Per School

Number of Athletes

- | | |
|-------------|-------|
| 110 M HH | _____ |
| 400 M IH | _____ |
| 100 M | _____ |
| 200 M | _____ |
| 400 M | _____ |
| 800 M | _____ |
| 1600 M | _____ |
| 3200 M | _____ |
| High Jump | _____ |
| Long Jump | _____ |
| Triple Jump | _____ |
| Shot Put | _____ |
| Discus | _____ |
| Javelin | _____ |
| Pole Vault | _____ |

	Individual Entries _____	x	\$10.00 = _____	
(400-1600-3200)	Relay Entries _____	x	\$25.00 = _____	
			Total Fee = _____	

Checks Payable to: BCCA Mail To: TOM ZACCONE
143 MC INTOSH DRIVE
Questions – 201-529-8217 MAHWAH, NJ 07430

Email to: tomzaccone@yahoo.com

Athletic Director's Signature _____

**Entry will not be accepted without Athletic Director's Signature

BERGEN COUNTY TRACK QUARTILE - 2021

Division A

Bergen Tech
Hackensack
Ridgewood
Fair Lawn
No.Highlands
Tenafly
Old Tappan
Cliffside Park
Paramus
Ramapo
Pascack Valley

Division B

Teaneck
Indian Hills
Dwight Morrow
Bergenfield
Garfield
River Dell
Demarest
Ridgefield Park
Fort Lee
Mahwah
Lodi
Ramsey

Division C

Pascack Hills
Westwood
Saddle Brook
Dumont
Glen Rock
Rutherford
Lyndhurst
New Milford
Hasbrouck Heights
Cresskill
Leonia
Elmwood Park

Division D

Bergen Charter
Ridgefield
North Arlington
Becton
Waldwick
Palisades Park
Emerson
Park Ridge
Bogota
Midland Park
Wood-Ridge
Wallington

Division E

Don Bosco
Bergen Catholic
St. Joes
Paramus Catholic

St. Mary's
IHA
Holy Angels
Dwight-Engle
Immac Conception
Saddle River Day