

2020 COUNTY SEAT INVITATIONAL ALL DIVISIONS WILL BE F.A.T.

Dear Coach,

These are the entry forms and the meet information for the 40th annual County Seat Invitational Track and Field Championships to be held on **Saturday, May 16, 2020** at **Hackensack High School**. Hackensack has an all weather track and field facility. The meet directors feel this meet has something for everyone, and we hope to see you at our meet. Please read the information below, and keep us on your calendar.

Regards,
Meet Directors

MEET Information

1. Date: **May 16, 2020** stating at 9:00am
Site: Hackensack High School
2. **Mile Split To Enter your Athletes Names: ALL Divisions** will be photo timed
– The entire will be preseeded.
3. **Organization of the meet:** There will be five divisions in the meet.
 1. Girls Novice
 2. Boys Freshmen
 3. Boy's Novice
 4. Girls Varsity
 5. Boys Varsity
4. **FAT Timing to help with State-Sectional Seeding**
5. **Awards**
 - A. Medals to the top six (6), in al events, in all divisions
 - B. Trophies to the winning teams in all sub varsity divisions
 - C. Trophies to the large schools, and small schools in the girls Varsity division (Teams will be divided in half)
6. **Standards for the field events:**
 - Pole Vault 10-0, Boys – Girl's 7'0"
 - Frosh-Soph Girls High Jump – 4'
 - Frosh Boys High Jump – 4'6"
 - Varsity Girl's High Jump – 4'6"
 - Novice Boys High Jump – 4'10"
 - Varsity Boys High Jump – 5'4'
 - The six (6) jump rule will be in effect in the high jump
 - Varsity Long and Triple Jumps will have finals
 - Sub varsity divisions three jumps/throws no finals

7. Note: A novice has never won a varsity medal in an individual event. You can be open running and novice field, and visa-versa. You **can not** compete in both open and novice running or field events. Frosh boys can compete anywhere.
8. **Entries close on Friday, May 8, 2020.** Any questions, call Tom Zaccone at 201-529-8217 or Brian Rodak at 973-831-2412.

Hope to see you at our meet!

County Seat Invitational Order of events

9:00am	1600M RUN	Frosh Boys, Novice Boys, Novice Girls
	800M RELAY	Frosh Boys, Novice Boys, Novice Girls
	800M RUN	Frosh Boys, Novice Boys, Novice Girls
	INT. HURD	Frosh Boys, Novice Boys, Var. Boys Novice Girls, Var. Girls
	1600M. RELAY	Frosh Boys, Novice Boys , Novice Girls
	3200M RUN	Var. Boys, Var. Girls
	HIGH HURDLES	Frosh Boys, Novice Boys, Var. Boys Novice Girls, Var. Girls
	100M DASH	(Same divisions as the High Hurdles)
	HIGH HURDLE FINALS	
	100M DASH FINALS	
	400M DASH	Finals – Var. Boys, Var. Girls
	1600M RUN	Var.Boys, Var. Girls
	200M DASH	Final – Var. Boys, Var. Girls
	800M RUN	Var. Boys, Var. Girls
	400M RELAY	Var. Boys, Var. Girls
	1600M RELAY	Var. Boys, Var. Girls

Rotation in the weights

Shot Put	Var. Girls, Var.Boys , Novice Boys
Discus	Var.Boys, Var. Girls, Novice Boys
Extra	
Circle (Shot)	Frosh Boys, Novice Girls
Javelin	Novice Boys-Frosh Boys-Novice Girls Var.Girls, Var. Boys

Order in the Horizontal Jumps

Long Jump	Novice Boys-Frosh Boys-Novice Girls Var. Girls-Var. Boys
Triple Jump	Novice Girls-Novice Boys-Frosh Boys Var. Boys - Var. Girls
Pole Vault	Boys first, then Girls
High Jump	Novice Girls, Frosh Boys, Novice Boys, Var.Girls, Var. Boys

County Seat Invitational

Entry Form – Boys

Information: Entry fee - \$7.00 per athlete, per event. \$20.00 per relay
 Entries close Friday, May 11, 2018
 Make checks payable to: Bergen Track & Field LLC
 Check or School Voucher should accompany this entry

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School _____ Coach _____ Cell # _____

FROSH-Boys

Novice Boys

VARSITY Boys

100M Dash _____
800M Dash _____
1600M Run _____
High Hurd _____
400 I.H. _____
Shot Put _____
Discus* XXXXX
Javelin _____
High Jump _____
Long Jump _____
Trip. Jump _____

800M Rel. _____
1600M Rel. _____

100M Dash _____
800M Run _____
1600M Run _____
High Hurdle _____
400M I.H. _____
Shot Put _____
Discus* _____ (max 3)
Javelin _____
High Jump _____
Long Jump _____
Trip. Jump _____

800M. Rel. _____
1600M. Rel. _____

100M Dash _____
200M Dash _____
400M Dash _____
800M Run _____
1600M Run _____
3200 M Run _____
High Hurd _____
400M I.H. _____
Shot Put _____
Discus* _____
Javelin _____
High Jump _____
Long Jump _____
Trip. Jump _____
Pole Vault _____

* Limit 3 throwers per team

(Only 1 Team) 1600M. Relay _____
(1 Team) 400 M Relay _____

TOTAL NUMBER OF INDIVIDUALS x \$7.00 = _____

TOTAL NUMBER OF RELAYS x \$20.00 = _____

TOTAL ENTRY ENCLOSED = _____

MAIL TO: TOM ZACCONE
143 MC INTOSH DR.
MAHWAH, NJ 07430

Email Entry To: Tomzaccone@yahoo.com

County Seat Invitational

Entry Form – Girls

Information: Entry fee - \$7.00 per athlete, per event. \$20.00 per relay
Entries close Friday, May 11, 2018
Make checks payable to: Bergen Track & Field LLC
Check or School Voucher should accompany this entry

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School_____Coach_____Cell#_____

NOVICE Girls

VARSITY Girls

100M Dash_____
800M Dash_____
1600M Run_____
High Hurd_____
400 I.H. _____
Shot Put _____
Discus* XXXXXXXX
Javelin _____
High Jump_____
Long Jump_____
Trip. Jump_____

800M Rel._____
1600M Rel. _____

100M Dash_____
200M Dash_____
400M Dash_____
800M Run_____
1600M Run_____
3200M Run_____
High Hurd_____
400 I.H. _____
Shot Put_____
Discus*_____
Javelin _____
High Jump_____
Long Jump_____
Trip. Jump_____
Pole Vault_____

(Only 1 Team) 1600M. Relay_____
* **Limit 3 throwers per team** (1 Team) 400M Relay_____

TOTAL NUMBER OF INDIVIDUALS x \$7.00 = _____

TOTAL NUMBER OF RELAYS x \$20.00 = _____

TOTAL ENTRY ENCLOSED = _____

MAIL TO: TOM ZACCONE
143 MC INTOSH DR.
MAHWAH, NJ 07430

Email Entry To Tomzaccone@yahoo.com