

THE BIG NORTH FROSH-NOVICE MEET

Rockland Community College

January 2 2020 4:30 PM

Participation limited to Big North Schools Only!

ORDER OF EVENTS

Girls race first, followed by boys, frosh then novice

On the Track

3200 Meter Run (*NOVICE ONLY*)

400 Meter Dash

4 x 800 Meter Relay

1600 Meter Run

200 Meter Dash

800 Meter Run

4 x 400 Meter Relay

In the Infield

55 hurdles *boys then girls* trials, semis, and finals

55 dash *girls then boys* trials, semis and finals

Field Events:

Shot Put (3 Throws-no finals) Girls frosh followed by novice @ 4:30. Boys to begin at the conclusion of the dash and hurdles; frosh followed by novice.

Long Jump girls then boys (3 Jumps, no finals, frosh novice jump open pit separate medals)

Triple Jump boys then girls (3 Jumps, no finals frosh novice jump open pit separate medals)

High Jump---will begin at 4:30 boys then girls. (1 Pit)

Pole Vault---Begin promptly at 4:30 girls then boys---opening heights: f-girls 6' nov girls-7'
f-boys 8' nov boys 9'

Meet directors reserve the right to increase opening heights if entries warrant.

Medals to top 6 places in each event in each division.

**BIG NORTH FROSH NOVICE CHAMPIONSHIPS
JANUARY 2, 2020 ROCKLAND COMMUNITY COLLEGE**

List number of entries in each event (unlimited entries in each event)

GIRLS	FROSH	NOVICE	BOYS	FROSH	NOVICE
55m	_____	_____	55m	_____	_____
55 hh	_____	_____	55 hh	_____	_____
200 m	_____	_____	200 m	_____	_____
400 m	_____	_____	400 m	_____	_____
800 m	_____	_____	800 m	_____	_____
1600m	_____	_____	1600m	_____	_____
3200m	XXX	_____	3200m	XXX	_____
SP	_____	_____	SP	_____	_____
TJ	_____	_____	TJ	_____	_____
LJ	_____	_____	LJ	_____	_____
HJ	_____	_____	HJ	_____	_____
PV	_____	_____	PV	_____	_____
4X800	_____	_____	4X800	_____	_____
4X400	_____	_____	4X400	_____	_____

Note: Frosh entrants must be in their first year of high school.

Medals to top 6 places in each event each division.

A Novice is an athlete who has not won a novice or varsity track or field medal.

_____ # of Individual Entries @ \$7= _____

_____ # of Relay Entries @ \$25.00= _____

ENTRIES CLOSE FRIDAY 12/27/19
Entries limited to Big North Schools only.

Entries payable to: **Bergen Track & Field LLC.**

Entry fee: \$7.00 per individual event, \$25.00 per Relay.

Total Entry Fee enclosed _____

School _____

Address _____

AD Fax# _____

Coach _____

Phone (cell) _____ (home) _____ (school) _____

Email** _____ **

Mail Entries to:

Mike Glynn
19 E. Lewis Street Pearl
River, NY 10965

Faxes accepted if entry fee or voucher presented at meet
Fax # **845-735-7556 NO COVER**
PAGES