

Tom Zaccone Invitational Meet

Friday, JANUARY 6, 2023 4:30 P.M.

Rockland Community College, Suffern NY

****IMPORTANT MEET INFORMATION****

1. The hurdles and dash will be run on the inside of the track.
2. A NOVICE athlete is one who has not won a VARSITY individual medal in Indoor or Outdoor Track. All individual winners of novice competitions should be moved up to the open division for the next meet. (Let's make the Novice Competition better)
3. You can enter as many individuals and relay teams (**except Varsity – 1 team only**) as you wish. Please bring your own batons and pins.
4. Awards: Six deep in every event.
5. RCC'S Track is a rubber surface (**NO SPIKES or PLASTIC BOTTOMS**) – Track is 250 meters.
6. Please advise your athletes when crossing the track that there is a meet going on to avoid problems.
7. Please be advised that this is an entry fee, not a participation fee. Entry fee must be paid regardless of participation since we turn schools away for this meet.
8. In the High Jump – The bar will be raised by 3 inches at a time – 6 Jump rule may be used.
9. In the Shot Put, Long Jump and Triple Jump (**3 attempts – NO FINALS**)
Shot Put #2 will start after the hurdles and dash on infield

Questions? – call Brian Rodak email njbta@aol.com

Entries Due: December 30, 2022

TOM ZACCONE INVITATIONAL

Friday, January 6, 2023

Rockland Community College – **4:30 P.M**

Order of events:

1. Varsity Boys 3200 meter relay
2. Varsity Girls 3200 meter relay
3. Novice Boys 3200 meter relay
4. Frosh Boys 3200 meter relay
5. Novice Girls 3200 meter relay
6. Frosh Girls 3200 meter relay
7. Varsity Boys 600 meter dash
8. Varsity Girls 600 meter dash
9. Novice Boys 600 meter dash
10. Novice Girls 600 meter dash
11. Frosh Boys 600 meter dash
12. Frosh Girls 600 meter dash
13. Varsity Boys 800 meter relay
14. Varsity Girls 800 meter relay
15. Novice Boys 800 meter relay
16. Novice Girls 800 meter relay
17. Frosh Boys 800 meter relay
18. Frosh Girls 800 meter relay
19. Varsity Boys 1600 meter run
20. Varsity Girls 1600 meter run
21. Varsity Boys 200 meter dash
22. Varsity Girls 200 meter dash
23. Novice Boys 200 meter dash
24. Novice Girls 200 meter dash
25. Frosh Boys 200 meter dash
26. Frosh Girls 200 meter dash
27. Varsity Boys 1000 meter run
28. Varsity Girls 1000 meter run
29. Novice Boys 1000 meter run
30. Novice Girls 1000 meter run
31. Frosh Boys 1000 meter run
32. Frosh Girls 1000 meter run
33. Varsity Boys 1600 meter relay
34. Varsity Girls 1600 meter relay
35. Novice Boys 1600 meter relay
36. Novice Girls 1600 meter relay
37. Frosh Boys 1600 meter relay
38. Frosh Girls 1600 meter relay

1. Frosh Girls 55 meter dash
2. Novice Girls 55 meter dash
3. Varsity Girls 55 meter dash
4. Frosh Boys 55 meter dash
5. Novice Boys 55 meter dash
6. Varsity Boys 55 meter dash

1. Frosh Boys 55 Hurdles
2. Novice Boys 55 Hurdles
3. Varsity Boys 55 Hurdles
4. Frosh Girls 55 Hurdles
5. Novice Girls 55 Hurdles
6. Varsity Girls 55 Hurdles

Shot Put #1

Varsity Girls
Novice Girls

Frosh Girls
Frosh Boys

Shot Put # 2

Varsity Boys
Novice Boys

Long Jump

Varsity Boys
Varsity Girls
Novice Boys
Novice Girls
Frosh Boys
Frosh Girls

Triple Jump

Varsity Girls
Varsity Boys
Novice Girls
Novice Boys

High Jump

Girls (N&V)
Start at 4-0

Boys (N & V)
Start at 4-6

Pole Vault

Varsity Girls
Start at 6-0- 7-0

Varsity Boys
Start at 8-6 – 9-6

2023 Tom Zaccone Invitational Meet Entry Form:**1/06/23**

School _____

Coach _____ Cell Phone _____

AD's Fax Number _____

Do NOT enter the names on the entry blank, simply the number of entries in each event.
Unlimited entries in every event. **(Except Varsity Relays-1 team only)**

Event	Open Boys	Open Girls	Novice Boys	Novice Girls	Frosh Boys	Frosh Girls
55 meter hurdles						
55 meter dash						
200 meter dash						
600 meter dash						
1000 meter run						
1600 meter run						
800 meter relay						
1600 meter relay						
3200 meter relay						
Shot Put						
Long Jump						
Triple Jump					XXXXX	XXXXXX
High Jump					XXXXX	XXXXXX
Pole Vault			XXXXXXXXX	XXXXXX	XXXXX	XXXXXX

Entries Close: **December 28, 2022**

Mail To: Brian Rodak
361 N. Central Ave
Ramsey, NJ 07446

_____ X \$8.00 (individual per event) = _____

_____ X \$25.00 per relay = _____

Total Entry = _____**Email:** njbta@aol.comMake Checks Payable to: **Bergen Track & Field LLC****Cards** will be provided – You **MAY NOT** use your own cards!!