

**THE JOHN GALLIONE MEMORIAL BERGEN COUNTY
FRESHMAN TRACK AND FIELD CHAMPIONSHIP**

Dear Coach:

Enclosed are the entry form and meet information for the **54th** Annual Bergen County Freshman Track Championships to be held at **Ramsey High School** on **Wed. May 24, 2023**. The meet is named "The John Gallione Bergen County Freshman Track and Field Championships" to honor John Gallione, long time track coach, official and participant in track in Bergen County.

The starting time for the meet will be 4:00pm. Hope to see you on the 24th .

Regards,
Tom Zaccone
Meet Director

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Meet Information

1. Awards
 - a. Medals to the top 6 in all events, both divisions.
 - b. Trophy to the top runner and the top field event performer at the meet.
 - c. Team trophy to the top Group 1 and 2 and the top Group 3 and 4 school.
 - d. Trials and finals in all field events.

2. **Entries must be received by May 18, 2023.** If you have any questions, call Tom Zaccone at 201-529-8217.

Order of Events

4:00pm	400 Int. Hurd. 100m Dash – trials and semis 400m Dash – Final 1600m Run 110m High Hurd. – Trials and finals 100m Dash – Finals 800m Run (Groups 1 & 2 first, then 3 & 4) 200m Dash – Final 3200m Run 1600m Relay
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**JOHN GALLIONE FRESHMEN COUNTY CHAMPIONSHIPS
ENTRY FORM – FROSH COUNTY MEET – BOYS**

Information:

1. The entry fee for this meet will be **\$7.00 per athlete, per event**, and **\$25.00 for the relay**.
2. Entry fee or school voucher must accompany this entry.
3. Make check payable to: **Bergen Track & Field LLC**



School _____ Coach _____ Tel.# _____
(cell)

Tel.# _____
(school)

Group _____

EVENT

100M Dash _____

Shot Put _____

200M Dash _____

Discus _____

400M Dash _____

Javelin _____

800M Run _____

High Jump _____

1600M Run _____

Long Jump _____

3200M Run _____

Trip. Jump _____

High Hurd. _____

Pole Vault _____

Int. Hurd. _____

1600M Rel. _____

Unlimited entries in all events.

Total entry fee _____

Entries close May 18, 2023

Mail entry to: Tom Zaccone
143 McIntosh Road
Mahwah, NJ 07430

Checks Payable To: **Bergen Track & Field LLC**
(FED ID # 45—0600026)
Email: Tomzaccone@yahoo.com