

Covid Track Meet Guidelines

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

High Jump & Pole Vault Events may NOT occur if the new guidelines require too much time to complete

**2021 Jack Yockers
Bergen County Relays**

DATES and TIMES

THURSDAY, May 6th – Div. A, B & E – at River Dell H.S. 3:30PM

FRIDAY, May 7th – All divisions at River Dell High School – field events start at 3:30, running at 4:00 PM

SATURDAY, May 8th – All divisions at River Dell High School – all events start at 9:00 AM

Meet Notes:

1. In order to enter the meet you **MUST** go to NJ Milesplit and enter **ALL** your athletes that are going to compete in the meet. You will get a comp. # for each athlete. You **STILL MUST** turn your event card **WITH** the **COMP #** on them, when called by the Clerks!!!
2. The meet will be run in four divisions, two for boys and two for girls.(divisions A, B & E combined and divisions C, & D combined) It will be scored in ten divisions, divisions A, B, C, D, E, for boys and divisions A, B, C, D, E, for girls.
3. The top six teams in each of the ten divisions will score. (10-8-6-4-2-1)
4. Only the top six overall teams will receive medals.(ex: The top 6 teams among the A,B & E schools that compete together).
5. Entry fee is \$25.00 per team. One team per school in each event.
6. ¼ inch spikes may be worn. Bring your own starting blocks.
7. **ALL** throwing implements must be approved by the weight master, before the meet.
8. National federation rules regarding uniforms will be in effect.
9. All field events athletes will have 3 trials, no finals.(pole vault and HJ excluded)
10. In all field events, 3 athletes must be entered and all 3 must compete.

AWARDS: Plaque to first place team in each division. Plaque to the winning coach in each Division & four outstanding athletic awards:

Steve Finlay Award	- Outstanding Field (Male)
Bernard Smith Award	- Outstanding Track (Male)
Dick Hitt Award	- Outstanding Field (Female)
Jacob Brown Award	- Outstanding Track (Female)

MAIL ENTRIES TO:

TOM ZACCONE (Questions, call Tom Zaccone at 201-529-8217
143 Mc INTOSH DRIVE or Brian Rodak at 973-831-2412)
MAHWAH NJ 07430

Email entry to: tomzaccone@yahoo.com

ENTRIES CLOSE FRIDAY, APRIL 30th

**2021 JACK YOCKERS 2021
Bergen County Relays**

SCHEDULE OF EVENTS

Thursday, May 6, 2021 River Dell – 3:30PM

- | | | |
|----------|----------|------------|
| 1. Boys | A, B & E | POLE VAULT |
| 2. Girls | A, B & E | HIGH JUMP |
| 3. Boys | A, B & E | DISCUS |
| 4. Girls | A, B & E | JAVELIN |

Friday, May 7, 2021 River Dell High School

**TRACK: 4:00 pm BOYS FOLLOWED BY GIRLS- Div. A,B&E FOLLOWED BY
C&D**

1. 4:00 pm BOYS FOLLOWED BY GIRLS
3 X 400 Hurdles
2. 5:00 pm BOYS FOLLOWED BY GIRLS
800 Meter Relay
3. 5:30 pm BOYS FOLLOWED BY GIRLS
6400 Meter Relay

FIELD: 3:30 pm

1. High Jump BOYS DIVISIONS C&D
2. Javelin BOYS DIVISIONS A, B & E
3. Discus GIRLS DIVISIONS A, B & E
4. Pole Vault GIRLS DIVISIONS C & D
5. Shot BOYS DIVISION C & D
GIRLS DIVISIONS C & D
6. High Jump & Pole Vault : Starting heights – Boys 5-0 Girls 4-0
Boys – 9-0 – 6-0
7. Triple Jump : RUNWAY -1 :Boys Divisions A,B&E Followed by Boys
Divisions C & D
RUNWAY- 2: two Girls Divisions C&D Followed by Girls
Divisions A,B&E

JACK YOCKERS 2021
Bergen County Relays

Saturday, May 8, 2021 **River Dell High School**

TRACK: 9:00 am – BOYS FOLLOWED BY GIRLS- Div. A,B&E
FOLLOWED BY C&D

1. 9:00 am Shuttle Hurdle
2. 9:30 am 400 Relay
3. 10:00 am Distance Medley (1200-400-800-1600)
4. 11:00 am Sprint Medley (400-200-200-800)
5. 12:00 pm 3200 M Relay
6. 12:55 pm Frosh 1600 Relay
7. 1:20 pm 1600 M Relay

FIELD: 9:00 am

1. High Jump: #1 Girls Divisions C & D
 # 2 Boys Divisions A,B & E
2. Shot Put: Boys Divisions A,B&E followed by Girls Divisions A,B& E
3. Long Jump: Runway one: Boys Div. C&D Followed by Boys Div. A,B&E
Runway two: Girls Division A,B&E Followed by Girls Division C&D
4. Discus: Girls Divisions C & D followed by Boys Divisions C&D
5. Javelin: Boys Divisions C&D followed by Girls Divisions C&D
6. Pole Vault: Boys Divisions C & D followed by Boys A, B & E

BERGEN COUNTY TRACK QUARTILE - 2021

Division A

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

Division B

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

Division C

Saddle Brook
Pascack Hills
Westwood
Rutherford
Glen Rock
Lyndhurst
Dumont
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-Englewood
Immac Conception
Saddle River Day

**2021 JACK YOCKERS
BERGEN COUNTY RELAYS**

Check one: BOYS ENTRY: _____ GIRLS ENTRY _____

SCHOOL _____ **COACH** _____
School Phone _____ **Home Phone** _____ **Divison** _____

(Check events you are competing in)

EVENTS

- 400M. Relay** _____
- 800M. Relay** _____
- 1600M. Relay** _____
- 3200M. Relay** _____
- 6400M. Relay** _____
- Sprint Med.** _____
- Distance Med.** _____
- H. Hurd. Rel.** _____
- Int. Hurd.Rel.** _____
- Frosh 1600M.** _____
- Shot Put** _____
- Discus** _____
- Javelin** _____
- High Jump** _____
- Long Jump** _____
- Triple Jump** _____
- Pole Vault** _____

Number of Relays Entered = _____ x \$25.00 = _____ (TOTAL ENTRY FEE)

Make Check Payable to : B C C A

**Mail Check and Entry to: Tom Zaccone
143 McIntosh Drive
Mahwah NJ 07430**

Email to: tomzaccone@yahoo.com

ATHLETIC DIRECTORS SIGNATURE: _____

(Must accompany this entry)