

TWIN BORO RELAYS

Ramsey, New Jersey

Dear Coach,

Here are the meet entry and information for the **Twin Boro Relays** to be held **Saturday, April 28th**, at Ramsey High School. Please read the enclosed information, and hope to see you at the meet.

Meet Information

1. Entry in the meet is limited to Group one and two schools.
2. Ramsey has an all weather track – PIN SPIKES ALLOWED!
3. There will be team championships in the following divisions.
Novice Boys – Novice Girls – Var.Boys – Var.Girls
4. Awards – Medals to top six in all events – all divisions.
-Trophy to winning team in Novice Divisions
-Trophy to the top Group I and top Group II team in the Varsity Divisions.
5. Definition of Novice – An athlete who has never won an individual medal in a varsity event. An athlete **CAN NOT** compete in both varsity and novice running events nor varsity and novice field events or visa-versa. Freshmen can compete in all divisions.
6. Starting heights for all field events:
-High Jump - Novice Girls 4-0, Novice Boys 4-10
Varsity Girls 4-4, Varsity Boys 5-0
We reserve the right to use the six jump rule.

-Pole Vault - 9-0 for Boys – 7-0 for Girls
7. Entries Close Friday, April 21st . If you have any questions call Brian Rodak at 973-831-2412.
8. All Novice Field events and Int.Hurdle relays will be **2-person** – ALL Varsity Field Event Relays are **3-person**

Twin Boro Relays

Order of Events

9:00AM 800-meter relay – Novice Boys, Novice Girls, Var.Boys, Var.Girls
Distance Medley – Var. Boys, Var. Girls
Sprint Medley - Novice Boys, Novice Girls, Var.Boys, Var.Girls
Int. Hurdle Relay – Novice Boys, Var. Boys, Novice Girls, Var. Girls
1600 meter run – Frosh Boys, Frosh Girls, Novice Boys, Novice Girls
110-meter hurdles – Frosh Boys, Novice Boys, Var. Boys
100-meter hurdles – Frosh Girls, Novice Girls, Var.Girls
100-meter dash – Frosh Girls, Novice Girls, Var.Girls, Frosh Boys
Novice Boys, Var.Boys

THE TRIALS AND SEMI'S OF THE HURDLES AND DASH WILL BE RUN
SIMULTANEOUSLY ON BOTH STRAIGHTAWAYS

3200-meter relay – Var.Boys, Var.Girls
100-meter hurdle – Finals – Frosh Girls, Novice Girls, Var.Girls
110-meter hurdle – Final – Frosh Boys, Novice Boys, Var.Boys
100-meter dash – Final – Frosh Boys, Novice Boys, Var.Boys
Frosh Girls, Novice Girls, Var.Girls
3200-meter relay – Novice Boys, Novice Girls
1600-meter relay - Novice Boys, Novice Girls, Var.Boys, Var.Girls

Field Events

9:00 AM Triple Jump – Var Boys,Var.Girls, Nov Boys, Nov Girls, Fr Boys, Fr Girls
Long Jump – Var. Girls,Var. Boys, Nov Girls, Nov Boys,Fr Girls,Fr Boys
Pole Vault – Var.Boys, Var.Girls
High Jump – Novice Girls, Var.Girls, Novice Boys, Var.Boys
Shot Put – Novice Boys, Var.Boys, Var.Girls, Novice Girls
Discus – Var.Boys, Var.Girls, Novice Girls, Novice Boys
Javelin – Var.Girls, Var.Boys, Novice Girls, Novice Boys

Twin Boro Relays Entry Form

School _____ Coach/cell # _____

- Information:
1. Entry Fee: \$ 6.00 per athlete per event for individuals
\$15.00 per person relay
 2. Check or school voucher should accompany this entry
 3. **One Varsity** Team per relay event – unlimited in all others

| | <u>Var.Boys</u> | <u>Var.Girls</u> | <u>Nov.Boys</u> | <u>Nov.Girls</u> | <u>Frosh Boys</u> | <u>Frosh Girls</u> |
|-------------------|-----------------|------------------|-----------------|------------------|------------------------|--------------------|
| 100-meter dash | _____ | _____ | _____ | _____ | _____ | _____ |
| High Hurdles | _____ | _____ | _____ | _____ | _____ | _____ |
| 1600 meters | no varsity | | _____ | _____ | _____ | _____ |
| Int Hurdle Relay | _____ | _____ | _____ | _____ | (novice 2-person Int.) | |
| 800-meter relay | _____ | _____ | _____ | _____ | _____ | _____ |
| 1600-meter relay | _____ | _____ | _____ | _____ | _____ | _____ |
| 3200-meter relay | _____ | _____ | _____ | _____ | _____ | _____ |
| Sprint Medley | _____ | _____ | _____ | _____ | _____ | _____ |
| Distance Medley | _____ | _____ | _____ | _____ | _____ | _____ |
| | 3-person | | 2-person | | _____ | _____ |
| Discus Relay | _____ | _____ | _____ | _____ | _____ | _____ |
| Shot Relay | _____ | _____ | _____ | _____ | _____ | _____ |
| Javelin Relay | _____ | _____ | _____ | _____ | _____ | _____ |
| High Jump Relay | _____ | _____ | _____ | _____ | _____ | _____ |
| Long Jump Relay | _____ | _____ | _____ | _____ | _____ | _____ |
| Triple Jump Relay | _____ | _____ | _____ | _____ | _____ | _____ |
| Pole Vault Relay | _____ | _____ | _____ | _____ | _____ | _____ |

Total Entries

- | | | | | |
|----------------------|-------|------------------|---|-------|
| 1. Total Individuals | _____ | X \$ 6.00 | = | _____ |
| 2. Total relays | _____ | X \$15.00 | = | _____ |
| | | Total Entry Fee: | = | _____ |

Mail to: Brian Rodak
1 Adobe Drive
Wayne, NJ 07470

Checks Payable to: Bergen Track & Field LLC
(FED ID # 45-0600026)
Fax # 973-907-2642 (NO COVER PAGES)

Entries close: Friday, April 20, 2018