

## **Coaches:**

**We are putting together Outdoor Winter Track Meet at No. Highlands High School. These meets will have FAT timing.**

**The date of the meets will also be slightly flexible to allow for the weather**

**We will select the day of the meet 2-3 days before**

**Thank you**

**Our goal is to have a 2 hour meet**

**Entries will be restricted and be on a first come/first entered basis**

## **No Highlands Outdoor/Winter Track Meet**

### **Order of events:**

<b>4 X 800 Relay</b>	<b>VB – VG – NB – NG</b>
<b>55 meter hurdles</b>	<b>VB – NB – FB – VG – NG – FG (8 to Final)</b>
<b>55 meter dash</b>	<b>VB – VG – NB – NG – FB – FG (8 to Final)</b>
<b>4 X 200 relay</b>	<b>VB – VG</b>
<b>800 meter run</b>	<b>NB – NG – FB – FG</b>
<b>200 meter dash</b>	<b>NB – NG – FB – FG</b>
<b>1600 meter run</b>	<b>VB – VG</b>
<b>4 X 400 relay</b>	<b>VB – VG – NB – NG</b>
<b>Shot Put</b>	<b>VB – VG – NB – NG (3 Throws)</b>

# No Highlands Outdoor/Winter Track Meet

Wednesday – Thursday – Friday January 5 – 6 – 7, 2022

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**We are offering events for your entire team in one meet.  
All the Events will have FAT timing.**

1. **In order to enter the meet you MUST fax your PAPER ENTRY in first – Then you will get the PASSWORD to enter on Milesplit.**
2. **Entries Close Friday, December 29th** – The Meet may close before that date if it has reached it's school capacity. We will leave Milesplit opened until Tuesday Night (1/4/22), so you can adjust names, events etc.
3. 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)
4. You can enter as many individuals and relay teams (**only one Varsity**) as you wish. Please bring your own batons.
5. In the Shot Put – we will do Varsity First – then Novice until the running events have concluded.
6. Awards: **Three** deep in every event.

Questions? – email Brian Rodak [njbta@aol.com](mailto:njbta@aol.com)

# Highlands Outdoor/Winter Meet

No. Highlands High School, Franklin Lakes, NJ

## ENTRY FORM:

**The Meet will be either on January 5 – 6 – 7, 2022**

School \_\_\_\_\_

School Address \_\_\_\_\_

Coach \_\_\_\_\_ Cell Phone \_\_\_\_\_

E-Mail \_\_\_\_\_

A.D.'s Fax Number \_\_\_\_\_

Entries Close: **December 29, 2021**

**Mail To:** Brian Rodak  
1 Adobe Drive  
Wayne, N.J. 07470

Individuals \_\_\_\_\_ X \$7.00 = \_\_\_\_\_

Relays \_\_\_\_\_ X \$25.00 = \_\_\_\_\_

**Total School Entry** \_\_\_\_\_

**Email:** [njbta@aol.com](mailto:njbta@aol.com)

Make Checks Payable to: **Bergen Track & Field LLC (Fed # 45-0600026)**

### Coaches Check List

1. Email This Paper Entry [njbta@aol.com](mailto:njbta@aol.com)
2. Enter your athletes by **Tuesday, January 3rd**