

2019 COUNTY SEAT INVITATIONAL VARISITY DIVISIONS WILL BE F.A.T.

Dear Coach,

These are the entry forms and the meet information for the 40th annual County Seat Invitational Track and Field Championships to be held on **Saturday, May 18, 2019** at **Hackensack High School**. Hackensack has an all weather track and field facility. The meet directors feel this meet has something for everyone, and we hope to see you at our meet. Please read the information below, and keep us on your calendar.

Regards,
Meet Directors

MEET Information

1. Date: **May 18, 2019** stating at 9:00am
Site: Hackensack High School
2. **Mile Split To Enter All Varsity Names:** The Varsity Divisions will be photo timed
3. **Organization of the meet:** There will be six divisions in the meet.
 1. Girls Frosh – Soph.
 2. Boys Freshmen
 3. Boy's Novice
 4. Girls Varsity
 5. Boys Varsity A and B (Division A are the large half of the schools in the meet)
4. **FAT Timing to help with State-Sectional Seeding**
5. **Awards**
 - A. Medals to the top six (6), in al events, in all divisions
 - B. Trophies to the winning teams in all sub varsity divisions
 - C. Trophies to the teams in both boys varsity divisions
 - D. Trophies to the large schools, and small schools in the girls Varsity division (Teams will be divided in half)
6. **Standards for the field events:**
 - Pole Vault 10-0, Boys – Girl's 7'0"
 - Frosh-Soph Girls High Jump – 4'
 - Frosh Boys High Jump – 4'6"
 - Varsity Girl's High Jump – 4'6"
 - Novice Boys High Jump – 4'10"
 - Varsity Boys High Jump – 5'4'
 - The six (6) jump rule will be in effect in the high jump

- Varsity Long and Triple Jumps will have finals
 - Sub varsity divisions three jumps/throws no finals
7. Note: A novice has never won a varsity medal in an individual event. You can be open running and novice field, and visa-versa. You **can not** compete in both open and novice running or field events. Frosh boys and Frosh-Soph girls can compete anywhere.
8. **Entries close on Friday, May 10, 2019.** Any questions, call Tom Zaccone at 201-529-8217 or Brian Rodak at 973-831-2412.

Hope to see you at our meet!

County Seat Invitational Order of events

9:00am	1600M RUN	Frosh, Novice, Frosh-Soph Girls
	800M RELAY	Frosh, Novice, Frosh-Soph Girls
	800M RUN	Frosh, Novice, Frosh-Soph Girls
	INT. HURD	Frosh, Novice, Var. Boys A, Var. Boys B., Var. Girls, Frosh-Soph Girls
	1600M. RELAY	Frosh, Novice, Frosh-Soph Girls
	3200M RUN	Var. Boys A, Var. Boys B, Var. Girls
	HIGH HURDLES	Frosh, Novice, Var. Boys A, Var. Boys B Var. Girls, Frosh-Soph Girls
	100M DASH	(Same divisions as the High Hurdles)
	HIGH HURDLE FINALS	
	100M DASH FINALS	
	400M DASH	Finals – Var. Boys A, Var. Boys B, Var. Girls
	1600M RUN	Var. Boys A, Var. Boys B, Var. Girls
	200M DASH	Final – Var. Boys A, Var. Boys B, Var. Girls
	800M RUN	Var. Boys A, Var. Boys B, Var. Girls
	400M RELAY	Var. Boys A, Var. Boys B, Var. Girls
	1600M RELAY	Var. Boys A, Var. Boys B, Var. Girls
 Rotation in the weights		
	Shot Put	Fr-Soph Girls Var. Girls, Var. Boys A, Var. Boys B
	Discus	Var. Boys B, Var. Boys A, Var. Girls, Novice Boys
	Extra	
	Circle (Shot)	Frosh Boys, Novice Boys
	Javelin	Novice Boys-Frosh Boys-Frosh-Soph Girls Var. Girls, Var. Boys A-Var. Boys B
 Order in the Horizontal Jumps		
	Long Jump	Novice Boys-Frosh Boys-Frosh-Soph Girls Var. Girls-Var. Boys A-Var. Boys B
	Triple Jump	Frosh-Soph Girls-Novice Boys-Frosh Boys Var. Boys A-Var. Boys B-Var. Girls
	Pole Vault	Boys first, then Girls
	High Jump	Frosh-Soph Girls, Frosh Boys, Novice Boys, Var. Girls, Var. Boys A & B

County Seat Invitational

Entry Form – Boys

Information: Entry fee - \$6.00 per athlete, per event. \$20.00 per relay
 Entries close Friday, May 11, 2018
 Make checks payable to: Bergen Track & Field LLC
 Check or School Voucher should accompany this entry

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School _____ Coach _____ Home Telephone# _____

FROSH-Boys	Novice Boys	VARSITY Boys
100M Dash _____	100M Dash _____	100M Dash _____
800M Dash _____	800M Run _____	200M Dash _____
1600M Run _____	1600M Run _____	400M Dash _____
High Hurd _____	High Hurdle _____	800M Run _____
400 I.H. _____	400M I.H. _____	1600M Run _____
Shot Put _____	Shot Put _____	3200 M Run _____
Discus* <u>XXXXX</u>	Discus* _____ (max 3)	High Hurd _____
Javelin _____	Javelin _____	400M I.H. _____
High Jump _____	High Jump _____	Shot Put _____
Long Jump _____	Long Jump _____	Discus* _____
Trip. Jump _____	Trip. Jump _____	Javelin _____
800M Rel. _____	800M. Rel. _____	High Jump _____
1600M Rel. _____	1600M. Rel. _____	Long Jump _____
		Trip. Jump _____
		Pole Vault _____

(Only 1 Team) 1600M. Relay _____
 (1 Team) 400 M Relay _____

* Limit 3 throwers per team

TOTAL NUMBER OF INDIVIDUALS x \$6.00 = _____

TOTAL NUMBER OF RELAYS x \$20.00 = _____

TOTAL ENTRY ENCLOSED = _____

MAIL TO: TOM ZACCONE **Fax: (201 252-2060) (NO COVER PAGES)**
 143 MC INTOSH DR.
 MAHWAH, NJ 07430

County Seat Invitational

Entry Form – Girls

Information: Entry fee - \$6.00 per athlete, per event. \$20.00 per relay
 Entries close Friday, May 11, 2018
 Make checks payable to: Bergen Track & Field LLC
 Check or School Voucher should accompany this entry

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School _____ Coach _____ Home Telephone# _____

FROSH-SOPH Girls

VARSITY Girls

100M Dash _____
800M Dash _____
1600M Run _____
High Hurd _____
400 I.H. _____
Shot Put _____
Discus* XXXXXXXX
Javelin _____
High Jump _____
Long Jump _____
Trip. Jump _____

800M Rel. _____
1600M Rel. _____

100M Dash _____
200M Dash _____
400M Dash _____
800M Run _____
1600M Run _____
3200M Run _____
High Hurd _____
400 I.H. _____
Shot Put _____
Discus* _____
Javelin _____
High Jump _____
Long Jump _____
Trip. Jump _____
Pole Vault _____

(Only 1 Team) 1600M. Relay _____
* **Limit 3 throwers per team** **(1 Team)** 400M Relay _____

TOTAL NUMBER OF INDIVIDUALS x \$6.00 = _____

TOTAL NUMBER OF RELAYS x \$20.00 = _____

TOTAL ENTRY ENCLOSED = _____

MAIL TO: TOM ZACCONE **Fax: 201-252-2060**
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 MAHWAH, NJ 07430