

# NORTH JERSEY TRACK AND FIELD CHAMPIONSHIP

Dear Coach,

Enclosed is the entry form and order of events for the annual North Jersey Track and Field Championship Meet. Please read it carefully, and hope to see you at our meet.

Regards,

Meet Directors

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## Meet Information

1. Date: **Friday, January 20, 2017** Place: **F.D.U. Field House**  
Time: **4:30 P.M. (enter building at 4:00 P.M.) NO SPIKES!!**
2. It is a team championship meet open to boys and girls teams. Team scoring and awards will be six places deep. Team points will be awards on a 10-8-6-4-2-1 basis.
3. There will be 4 team championship trophies awarded at the meet. Division A and B for both boys and girls. The A division will be the 15 larger schools at the meet, and the B division, the 15 smaller schools in the meet. Both divisions compete together.
4. Entry fee for the meet is \$7.00 per athlete, per event, and \$20.00 per relay.
5. Order of events – 4:30 P.M. – 55 m. Hurdles – Boys – Trials – Semi’s - Finals  
4:30 P.M. – 55 m. Dash – Girls – Trials and Semi’s  
55 m. Hurdles – Girls – Trials – Semi’s – Finals  
55 m. Dash – Boys – Trials – Semi’s  
55 m. Dash Finals – Girls – Boys  
3200 meter run – Boys and Girls – one heat of each, put a seed time on your entry. Runners not accepted will be placed in the 1600 meters.

(Any questions, call Tom Zaccone at (201) 529-8217)

3200 Relay – Boys and Girls  
600 meter run – Boys and Girls  
1000 meter run – Boys and Girls  
300 meter dash – Boys and Girls  
1600 meter run – Boys and Girls  
1600 meter relay – Boys and Girls

6. Entries Close on **Friday, January 13, 2017**

# **NORTH JERSEY TRACK AND FIELD CHAMPIONSHIP ENTRY FORM**

1. Unlimited entry in all events, (**except Varsity Relays – 1 team only**)
2. **\$8.00** per athlete, per event, **\$20.00** per relay team
3. Put only the number of athletes in each event on this entry form  
For the 3200 meters give a name and time

School \_\_\_\_\_

Coach \_\_\_\_\_ Coach's Home Phone \_\_\_\_\_

	<b><u>Boys</u></b>	<b><u>Girls</u></b>
55 meter dash	_____	_____
55 meter hurdles	_____	_____
300 meter dash	_____	_____
600 meter dash	_____	_____
1000 meter run	_____	_____
1600 meter run	_____	_____
3200 meter run	_____	_____
	_____	_____
	_____	_____
1600 meter relay	_____	_____
3200 meter relay	_____	_____

**Total Entry Fee Enclosed** \_\_\_\_\_

Make Checks Payable To: **Bergen Track & Field LLC**

**Entries due:** Friday, January 13, 2017

**Mail to:** Tom Zaccone  
143 McIntosh Dr.  
Mahwah, NJ 07430

**Fax # (201) 252-2060 (NO Cover Sheets)**