

2023 Cross-Country Meets

Dear Coach,

The Bergen Track & Field LLC is happy to provide Invitational Cross-Country Meets in North Jersey at Garret Mt. in Woodland Park this fall. There will be races run in the Frosh, J.-V. and Varsity divisions. You may enter individuals or teams.

See you at the Mountain,

Meet Director's

Meet Information

1. Entry Fee: \$80.00 per team \$15.00 per individual
2. Awards: Medals to top three teams in each Varsity race
Medals to top two teams in Underclassmen races
Medals to top twenty in all races.
Trophies to Winning Varsity Team in each race
3. Schools will be placed into their race time slot (Pod Time) according to their student enrollment.
4. Pod Time Schedules (8:45AM – 10:30 AM) (11:00AM-1PM)
4. We are limiting each pod to about 25 schools – We will publish the Pod Team Lists by Thursday for each meet along with the Meet Instructions.
5. We are using **NJ Mile Split** to enter your rosters and declare that you are coming to the meet. All you have to do is enter **your ENTIRE (that are running) team into the Meet Collection.**
6. Coaches please run your top seven in the Varsity Race before entering the J-V races.
7. Bring **PINS!!!!**
8. Entries are due: **14 days prior to each meet**
9. Make check payable to: **Bergen Track & Field LLC**
10. Questions email: njbta@aol.com Brian Rodak
11. **The Passaic County Parks Commission has added numerous fees to run meets at Garret Mt. We are charging each school a fee of \$20 to offset their per school charge.**

Remember to Enter on Mile Split & send your forms as Usual

**The Meet May Close at ANY time – Paperwork confirms entry
NOT Milesplit**

**NO warming up or down on the course
Once the meet has started.**

**You MUST send me your school's insurance certificate naming
the Passaic County Parks Department as additionally insured
and the certificate holder.**

Passaic County Parks Department 401 Grand St, Paterson, NJ 07505

**You could ask for one for the entire season from August 15th through
November 15th and send me a copy. They want me to turn them in for
each race at the mountain.**

2023 XC Garret Mt. Invitationals Entry Form

- Information: 1. Entry Fee: \$80.00 per team \$15.00 per individual
 2. Checks payable to: **Bergen Track & Field LLC**

Circle the meet attending – Use Separate Forms for Each Meet

9/16 Back to the Mountain 9/23 Garret Invitational

10/7 North Jersey Championships

School _____ Group _____

Coach _____ Coach's Cell Phone _____

	<u># of teams</u>	<u># of individuals</u>
1. <u>Girls</u>		
FROSH	_____	_____
J.V.	_____	_____
VARSITY	_____	_____
2. <u>Boys</u>		
FROSH	_____	_____
J.V.	_____	_____
VARSITY	_____	_____

TOTAL # OF TEAMS _____ X \$80.00 = _____

TOTAL # OF INDIVIDUALS _____ X \$15.00 = _____

GARRET MT SURCHARGE **\$20.00**

TOTAL ENTRY = _____

Entry must be received by **14 days prior to meet attending**

Mail Entry to: Brian Rodak
 361 N. Central Ave
 Ramsey, NJ 07446

Email: njbta@aol.com