

**THE NORTHERN NEW JERSEY  
SOPHOMORE INVITATIONAL TRACK AND FIELD  
CHAMPIONSHIPS**

**ALL Groups meet - Tuesday, May 23rd**

Dear Coach:

Enclosed are the entry forms and order of events for the Boys and Girls Sophomore Track and Field Championships. We know from past interest that you have found this meet to be an asset to your program. The Meet will be held at **Ramsey High School's Track Site** located on Prospect Street in Ramsey.

**The starting time of the meet will be 4:00 P.M. for all events.**

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**MEET INFORMATION**

1. Awards: Top Six in each event - Team Trophy to Top Group I & Group II Team  
Team Trophy to Top Group III & Group IV Team
2. Spikes – Pins allowed in all events – Javelin grass runway
3. Bring Batons and Pins
4. Entries Close: Wednesday, May 17, 2023
5. Pole Vault starting Heights    Boys 9-6 then up by 6 inches  
Girls 7-0 then up by 6 inches
6. High Jump starting Heights    Boys 5-0 then up by 2 inches  
Girls 4-0 then up by 2 inches

For the purposes of this meet, a sophomore will be defined as a student meeting regular N.J.S.I.A.A. eligibility requirements and who is:

1. In his/her first year of a three year high school; or
2. In his/her second year of a four-year high school.

**Freshmen are not permitted in this meet**

**Sophomore Championships**  
**Ramsey High School**  
**May 23, 2023**

**ORDER OF EVENTS**

2:30 PM      400 Meter Hurdles, boys followed by girls  
100 Meter Dash Trials and Semis (if Necessary)  
1600 Meter Run  
Boys 110 Meter High Hurdles Trials/Semis/Finals  
Girls 100 Meter High Hurdles Trials/Semis/Finals  
400 Meter Dash Final on Time  
100 Meter Dash Final  
800 Meter Run Final  
200 Meter Dash Final on Time  
3200 Meter Run  
1600 Meter Relay

**FIELD EVENTS**

2:30PM	Discus	Boys then Girls
	Shot	Girls then Boys
	Javelin	Open Runway until 5:15PM THEN FINALS
	High Jump	Girls then Boys
	Pole Vault	Boys then Girls
	Triple Jump	Open Pit 4:00PM -5:15PM THEN FINALS
	Long Jump	Open Pit 4:00PM -5:15PM THEN FINALS

Pole Vault starting Heights	Boys 9-6 then up by 6 inches
	Girls 7-0 then up by 6 inches

High Jump starting Heights	Boys 5-0 then up by 2 inches
	Girls 4-0 then up by 2 inches

**THE NORTHERN NEW JERSEY SOPHOMORE INVITATIONAL**  
**TRACK AND FIELD CHAMPIONSHIP**  
**May 23, 2023**

1. Unlimited entries in every event.
2. No names necessary, simply list the total number of athletes entered in each event.
3. Entry fees: \$7.00 per athlete per event; \$25.00 per relay team.

**SCHOOL** **GROUP** **COACH**

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**SCHOOL PHONE** **Cell #**

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<b><u>EVENT</u></b>	<b><u>BOYS</u></b>	<b><u>GIRLS</u></b>
	<b><u>NUMBER OF ENTRIES</u></b>	
100 m.	_____	_____
200 m.	_____	_____
400 m.	_____	_____
800 m.	_____	_____
1600 m.	_____	_____
3200 m.	_____	_____
HIGH HURDLES	_____	_____
INT. HURDLES	_____	_____
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1600 METER RELAY	_____	_____
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SHOT PUT	_____	_____
DISCUS THROW	_____	_____
JAVELIN THROW	_____	_____
LONG JUMP	_____	_____
TRIPLE JUMP	_____	_____
HIGH JUMP	_____	_____
POLE VAULT	_____	_____

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Total number of entries \_\_\_\_\_ X \$7.00 = \$ \_\_\_\_\_

Total number of entries \_\_\_\_\_ X \$25.00 = \$ \_\_\_\_\_

Total entry fee .....\$ \_\_\_\_\_

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

**Make out checks to: Bergen Track & Field LLC**  
 (FED. ID # 45-0600026)

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