

## *Covid Track Meet Guidelines*

# ***NO SPECTATORS ALLOWED***

### **Individuals**

1. Everyone wears a mask unless competing
2. Athletes will wear a mask when checking in for their events
3. Please make every effort to social distance when not competing.

### **Teams**

1. Tents – No side walls allowed – everyone wears a mask under the tent
2. Teams are to keep to themselves (Team social distance)
3. Teams will bring their own equipment to be used by their school only

### **School Shutdowns**

1. If the Host School shuts down because of a Covid outbreak, there is good chance that meet will be canceled

**High Jump & Pole Vault Events may NOT occur if the new guidelines require too much time to complete**

***Gene "Red" Littler***  
***2021***  
***Bergen County Championships***

Friday, May 21, 2021 @ Old Tappan High School – Groups A, D & E

Friday, May 21, 2021 @ Ramapo High School – Groups B & C

Saturday, May 22, 2021 @ Old Tappan High School – All Groups

**NEW MEET ENTRY PROCESS**

1. You **MUST** enter your athletes into their Events by the Night before the meet on milesplit. Remember to enter the correct Group.
2. Also add your additional athletes to the Roster Collection in case of a change
3. The Meet will be completely seeded beforehand. (Just like everyone's League Meets)
4. Day of the meet, you may make a few changes – No seed changes
5. There will be **NO NEW ENTRIES ON THE DAY OF THE MEET**

**Additional Meet Info**

1. The meet will be run in ten sections:

DIVISION	A	BOYS & GIRLS
DIVISION	B	BOYS & GIRLS
DIVISION	C	BOYS & GIRLS
DIVISION	D	BOYS & GIRLS
DIVISION	E	BOYS & GIRLS

2. Limit of 3 contestants per event. ONE RELAY TEAM
3. Entry Fee: \$ 10.00 per individual - \$ 20.00 per Relay Team
4. Entries Close: Friday, May 14, 2021
5. Awards: Trophies to first place team in each division. Medals to the top 6 finishers in all events.
6. Scoring: 10 - 8 - 6 - 4 - 2 - 1
7. Trials and finals in all field events.
8. Spikes allowed – ¼ inch, bring your own starting blocks
9. Starting heights determined by meet management
10. Uniform rule enforced in all events.
11. All throwing implements must be approved by the weight master BEFORE the meet..
12. The Meet may run up to 20 minutes ahead of schedule.

**Gene "Red" Littler Bergen County Meet**  
**Friday, May 21, 2021**

**A, D & E Divisions @ Old Tappan High School      B & C @ Ramapo H. S.**

**FIELD EVENTS:                      3:30 pm**

Boys	Javelin Final	A – D -E	B - C
Boys	Discus Final	D – E - A	C - B
Girls	Shot Final	E - A - D	C - B
Boys	Long Jump	A - D - E	C - B
Girls	Long Jump	E – A - D	B - C
Boys	Pole Vault Final	A,D&E together	C&B together
Girls	High Jump Final	E- D – A	B - C

**RUNNING EVENTS:                      3:30 pm**

3:30	Boys	400 IH	A – D - E	C - B
3:45	Girls	400 IH	A – D - E	C - B
4:00	Boys	100 M Trials	A - D - E	C - B
4:10	Girls	100 M Trials	A - D - E	C - B
4:20	Boys	1600 meters	A	C
4:35	Girls	1600 meters	A	C
4:50	Boys	100 M Final	A – C - E	C - B
4:55	Girls	100 M Final	A – C - E	C - B
5:00	Boys	1600 M	D - E	B
5:15	Girls	1600 M	D - E	B
5:30	Boys	400 M Finals	A – D - E	C - B
5:45	Girls	400 M Finals	A - D- E	C - B
6:00	Boys	4 X 800 Relay	A	C
6:10	Girls	4 X 800 Relay	A	C
6:25	Boys	4 X 800 Relay	D &E(combined)	B
6:35	Girls	4 X 800 Relay	D&E (combined)	B

**Gene “Red” Littler County Championships**  
**Saturday, May 22 , 2021**

**Old Tappan High School**

**Coaches Meeting 8:45AM**

9:00 am	Boys	110 M Hurdles Trials	A – B – C – D - E
9:20 am	Girls	100 M Hurdles Trials	A – B – C – D - E
9:40 am	Boys	800 M	A – B – C – D - E
10:05 am	Girls	800 M	A – B – C – D - E
10:30 am	Girls	100 M Hurdles Finals	A – B – C – D - E
10:40 am	Boys	110 M Hurdles Finals	A – B – C – D - E
10:50 am	Boys	3200 M	A – B
11:10 am	Boys	4 X 100 M Relay	A – B – C – D - E
11:25 am	Girls	4 X 100 M Relay	A – B – C – D - E
11:40 am	Girls	3200 M	A – B
12:10 pm	Boys	200 M Finals	A – B – C – D - E
12:30 pm	Girls	200 M Finals	A – B – C – D - E
12:50 pm	Boys	3200 M	C - D – E (combined?)
1:15 pm	Girls	3200 M	C - D – E (combined?)
1:45 pm	Boys	4 X 400 M Relay	A – B – C – D - E
2:25 pm	Girls	4 X 400 M Relay	A – B – C - D - E

**Field Events 9:00 am**

Girls	Pole Vault	A & B together then C,D & E together
Boys	High Jump	B – D&E – A – C
Girls	Discus	B – C – D - A - E
Girls	Javelin	E - D – A – B – C
Boys	Shot	A – E – C – D - B
Girls	Triple Jump	A – B – C – D - E
Boys	Triple Jump	E - C – D – B - A

**Gene "Red" Littler**  
**Bergen County Championships**

SCHOOL \_\_\_\_\_ DIVISION \_\_\_\_\_

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

CIRCLE ONE - BOYS ENTRY

GIRLS ENTRY

MAX 3 Entries Per Event / Per School

Number of Athletes

110 M HH	_____
400 M IH	_____
100 M	_____
200 M	_____
400 M	_____
800 M	_____
1600 M	_____
3200 M	_____
High Jump	_____
Long Jump	_____
Triple Jump	_____
Shot Put	_____
Discus	_____
Javelin	_____
Pole Vault	_____

	Individual Entries _____	x	\$10.00 =	_____
(400-1600-3200)	Relay Entries _____	x	\$20.00 =	_____
			Total Fee =	_____

**Checks Payable to: BCCA      Mail To: TOM ZACCONE**  
**143 MC INTOSH DRIVE**  
**Questions – 201-529-8217      MAHWAH, NJ 07430**

**Email to: tomzaccone@yahoo.com**

Athletic Director's Signature \_\_\_\_\_

\*\*Entry will not be accepted without Athletic Director's Signature

**BERGEN COUNTY TRACK QUARTILE - 2021**

**Division A**

Bergen Tech  
Hackensack  
Ridgewood  
Fair Lawn  
No.Highlands  
Tenafly  
Old Tappan  
Cliffside Park  
Paramus  
Ramapo  
Pascack Valley

**Division B**

Teaneck  
Indian Hills  
Dwight Morrow  
Bergenfield  
Garfield  
River Dell  
Demarest  
Ridgefield Park  
Fort Lee  
Mahwah  
Lodi  
Ramsey

**Division C**

Pascack Hills  
Westwood  
Saddle Brook  
Dumont  
Glen Rock  
Rutherford  
Lyndhurst  
New Milford  
Hasbrouck Heights  
Cresskill  
Leonia  
Elmwood Park

**Division D**

Bergen Charter  
Ridgefield  
North Arlington  
Becton  
Waldwick  
Palisades Park  
Emerson  
Park Ridge  
Bogota  
Midland Park  
Wood-Ridge  
Wallington

**Division E**

Don Bosco  
Bergen Catholic  
St. Joes  
Paramus Catholic  
  
St. Mary's  
IHA  
Holy Angels  
Dwight-Engle  
Immac Conception  
Saddle River Day