

2023 BERGEN COUNTY INDOOR RELAYS CHAMPIONSHIPS

Meet Information

All Events

Date: Monday, January 23, 2023

Site: 168th Armory

Time: 5:15PM

FAT: You must enter your athletes names in EACH RELAY by Sunday, 1/22/23 – The entire meet will have FAT timing.

Awards: Top six teams overall in each event.
First Place Team trophy in each division.

Scoring and Team Separation: The entire meet will be divided into three divisions. Non Public and two Public divisions based on enrollment. Scoring will be **six** places in each division (10-8-6-4-2-1) with medals going to the top **six** teams overall.

Misc. Info: You may enter only **ONE VARSITY** team in each relay.
The six jump rule will be in effect for the Pole Vault.
You must have 2 athletes check in for all field events!
Each Team must supply their own batons. Bring safety pins!

Entry Due: January 16, 2023

Make Checks Payable To: B.C.C.A.

Questions? email Brian Rodak njbta@aol.com

2023 BERGEN COUNTY INDOOR RELAY CHAMPIONSHIP

168 St. Armory, N.Y.C.

Monday, January 23, 2023

Order of Events

- | | | |
|-----|--------------------------------|--------------------------------------|
| 1. | Boys Shuttle Hurdle Relay | Long Jump – Boys and Girls |
| 2. | Girls Shuttle Hurdle Relay | (90 minutes to jump) |
| 3. | Boys 4 X 1600 Meter Relay | Triple Jump – follows long jump |
| 4. | Girls 4 X 1600 Meter Relay | Boys and Girls |
| 5. | Boys 800 Meter Relay | (90 minutes to jump) |
| 6. | Girls 800 Meter Relay | Shot Put - Varsity Boys |
| 7. | Boys 3200 Meter Relay | Varsity Girls |
| 8. | Girls 3200 Meter Relay | |
| 9. | Boys Sprint Medley | High Jump – Girls start at 4-0 – 4-4 |
| 10. | Girls Sprint Medley | Boys start at 5-0 |
| 11. | Boys Distance Medley | |
| 12. | Girls Distance Medley | |
| 13. | Boys Varsity 1600 Meter Relay | Pole Vault – Girls 7-6, 9-0 ??? |
| 14. | Girls Varsity 1600 Meter Relay | Boys 9-0, 10-6 ??? |
- Six Jump Rule in effect**

Order of the Distance Medley 1200 – 400 – 800 – 1600

Order of the Sprint Medley 400 – 200 – 200 - 800

In all Field Event Relays – If one of the competitors fails to make a height or obtain a measured jump or throw - the entire relay team is disqualified from the event.

**YOU MUST ENTER YOUR ATHLETES NAMES IN EACH EVENT
ON MILESPLIT BY SUNDAY < JANUARY 22nd**

BERGEN COUNTY INDOOR TRACK RELAYS ENTRY FORM:

168TH street Armory – Monday, January 23, 2023

School _____ Coach _____

Coach's Home Phone _____

Event	Var. Boys	Var. Girls	Names
4X1600 Meter Relay			_____
seed time	_____	_____	_____
Shuttle Hurdle Relay			_____
800 Meter Relay			
Sprint Medley			
Distance Medley			
3200 Meter Relay			
1600 Meter Relay			
Shot Put Relay (2 man)			
High Jump Relay (2 man)			
Long Jump Relay (2 man)			
Triple Jump Relay (2 man)			
Pole Vault Relay (2 man)			

Entry Fee: _____ # of teams X \$30.00 = _____

Entries Due: January 16, 2023

Mail To: Brian Rodak
361 N. Central Ave
Ramsey, N.J. 07446

Make Checks Payable To: B.C.C.A.

Email: njbta@aol.com

Principal's Signature: _____

NEW INFIELD RULES

1. **THERE WILL NO COACHES BY THE FINISH LINE AT ANYTIME DURING THE MEET** – If one of your coaches gets asked a second time to leave the area, your team running will be disqualified (DQ for not following an officials direction) or your team in the upcoming event will not be allowed to compete.
2. No coaches are to be on the **raised** long/triple jump areas. No one (coaches and athletes) are to be between the runway and the track while races are being run. (This allows the officials to see the runners)
3. There will be a coaching boxes set up:
 - A. Between the high jumps, blocked off by hurdles after the shuttle hurdles.
 - B. Behind the Pole Vault pit for girls high jump
 - C. Off the track near the wall for the long/triple jumps
4. **No BACKPACKS or BAGS** allowed on the infield at any time.
5. During the shuttle hurdles – Coaches may be on the track for the long jump
6. During the 6400 relay coaches may stand in a coach's box which is located before the finish line and between the long jump runway and the track.
7. In the Pole Vault – You athlete has to have cleared 7-0 (Girls) or 8-6 (Boys) prior to the meet to attempt the opening heights. This event is always a problem.

Remember to enter your athlete's names on milesplit by
Sunday, January 22nd