

2023
JACK YOCKERS
Bergen County Relays

DATES and TIMES

Wednesday, April 19th – Div. A, B & E – at Ben Franklin MS, Ridgewood 3:30

**Friday, April 21st – All divisions at River Dell High School - Field Events start at 3:30
- Running Events start at 4:00**

Saturday, April 22nd – All divisions at River Dell High School – all events start at 9:00

Meet Notes: PLEASE READ CAREFULLY. #11 – New for 2023.

- 1. In order to enter the meet, you MUST send in your paper entry by Friday April 14 AND go to NJMilesplit and register your team for this meet. You will have until 3:00pm on Tuesday April 18 to update your entries on Milesplit for all relays. If you have to make a change, you can the day of the meet as long as your team and athletes have already been entered online. There will be no new entries the day of the meet.**
- 2. The meet will be run in four divisions, two for boys and two for girls. (divisions A, B & E combined and divisions C, & D combined) It will be scored in ten divisions, divisions A, B, C, D, E, for boys and divisions A, B, C, D, E, for girls.**
- 3. The top six teams in each of the ten divisions will score. (10-8-6-4-2-1)**
- 4. Only the top six overall teams will receive medals. (ex: The top 6 teams among the A, B & E schools that compete together).**
- 5. Entry fee is \$30.00 per team. One team per school in each event.**
- 6. ¼ inch spikes may be worn. Bring your own starting blocks.**
- 7. ALL throwing implements must be approved by the weight master before the meet.**
- 8. National federation rules regarding uniforms will be in effect.**
- 9. All field events athletes will have 3 trials, no finals. (pole vault and HJ excluded)**
- 10. In all field events, 3 athletes must be entered and all 3 must compete.**
- 11. ***400m intermediate hurdles will be entered and seeded as an individual event. Points and medals will be awarded to 3-person teams based on total time. Heats will be run according to seed, not teams.**

AWARDS: Plaque to first place team in each division. Plaque to the winning coach in each Division & four outstanding athletic awards:

Steve Finlay Award	- Outstanding Field (Male)
Bernard Smith Award	- Outstanding Track (Male)
Dick Hitt Award	- Outstanding Field (Female)
Jacob Brown Award	- Outstanding Track (Female)

**MAIL ENTRIES TO: Lindsey Reggo
310 Hamilton Ave.
Hasbrouck Heights, NJ 07604**

EMAIL ENTRY TO: LReggo23@gmail.com

(Questions: call Lindsey Reggo at 201-803-1796 or Mike Ryan at 551-404-8425)

ENTRIES CLOSE FRIDAY, APRIL 14th

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SCHEDULE OF EVENTS

Wednesday, April 19, 2023: @ Ben Franklin Middle School, Ridgewood – 3:30

- | | | |
|-----------------|----------|------------|
| 1. Boys & Girls | A, B & E | Pole Vault |
| 2. Girls | A, B & E | High Jump |
| 3. Boys | A, B & E | Discus |
| 4. Girls | A, B & E | Javelin |

**Friday, April 21, 2023: @ River Dell High School - Field Events start at 3:30
- Track Events start at 4:00**

TRACK: 4:00 BOYS followed by GIRLS - Div. C & D followed by A, B & E

1. 4:00 pm: 3 X 400 Hurdles – Boys followed by Girls *****See #11 in the meet notes.**
2. 5:00 pm: 800 Meter Relay (4 x 200) - Boys followed by Girls
3. 5:30 pm: 6400 Meter Relay (4 x 1600) – Boys followed by Girls

FIELD: 3:30: (3 participants per relay)

1. High Jump Boys Division C & D
2. Javelin Boys Division A, B & E
3. Discus Girls Division A, B & E
4. Pole Vault Girls Division C & D
5. Shot Boys Division C & D followed by Girls Division C & D
6. High Jump & Pole Vault: Starting Heights – HJ: Boys 5-0; Girls 4-0
PV: Boys 9-0; Girls 6-0
7. Triple Jump: RUNWAY-1: Boys Divisions A, B & E followed by Boys Divisions C & D
RUNWAY-2: Girls Divisions C & D followed by Girls Divisions A, B & E

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Saturday, April 22, 2023: @ River Dell High School

TRACK: 9:00 – BOYS followed by GIRLS - Div. C & D followed by A, B & E

1. 9:00 am Distance Medley (1200-400-800-1600)
2. 10:00 am Shuttle Hurdles
3. 10:30 am 400m Relay (4 x 100)
4. 11:00 am Sprint Medley (400-200-200-800)
5. 12:00 pm 3200m Relay (4 x 800)
6. 12:55 pm Frosh 1600m Relay (4 x 400)
7. 1:20 pm 1600m Relay (4 x 400)

FIELD: 9:00

1. High Jump: Girls Divisions C & D followed by Boys Divisions A, B & E
2. Shot Put: Boys Divisions A, B & E followed by Girls Divisions A, B & E
3. Long Jump: Runway one: Boys Div. C & D followed by Boys Div. A, B & E
Runway two: Girls Div. A, B & E followed Girls Div. C & D
4. Discus: Girls Divisions C & D followed by Boys Divisions C & D
5. Javelin: Boys Divisions C & D followed by Girls Divisions C & D
6. Pole Vault: Boys Divisions C & D

BERGEN COUNTY TRACK RELAY / GROUP CHAMPIONSHIPS
MEET QUARTILE
2023

Division A (11)

Bergen Tech	1,696
Hackensack	1,322
Ridgewood	1,313
Fair Lawn	1,185
No. Highlands	961
Teaneck	928
Tenafly	917
Bergenfield	911
Ramapo	911
Cliffside Pk.	908
Garfield	852

Division B (12)

Fort Lee	838
Paramus	827
Dwight Morrow	759
Old Tappan	759
River Dell	738
Demarest	736
Pascack Valley	736
Ridgefield Pk.	672
Lodi	666
Leonia	648
Mahwah	638
Westwood	604

Division C (12)

Pascack Hills	595
Indian Hills	594
Lyndhurst	594
Ramsey	593
Elmwood Park	588
Dumont	569
Rutherford	564
Becton	539
Glen Rock	518
New Milford	442
North Arlington	423
Hasbrouck Hts.	404

Division D (12)

Saddle Brook	386
Ridgefield	372
Cresskill	371
Palisades Pk.	355
Waldwick	323
Wood-Ridge	290
Wallington	278
Bergen Charter	276
Bogota	261
Park Ridge	256
Emerson	220
Midland Park	136

Division E (10)

Don Bosco
Bergen Catholic
St. Joes
Paramus Catholic
St. Mary's
IHA
Holy Angels
Dwight-Englewood
ICHS
Saddle River Day

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ENTRY

SCHOOL _____

School Phone _____

BOYS COACH _____

Home Phone _____

GIRLS COACH _____

Home Phone _____

DIVISION _____

Check events you are competing in
(one boy and one girl relay per school)

EVENTS

	<u>BOYS</u>	<u>GIRLS</u>
400m Relay	_____	_____
800m Relay	_____	_____
1600m Relay	_____	_____
3200m Relay	_____	_____
6400m Relay	_____	_____
Sprint Med.	_____	_____
Distance Med.	_____	_____
H. Hurd. Rel.	_____	_____
Int. Hurd. Rel.	_____	_____
Frosh 1600m	_____	_____
Shot Put	_____	_____
Discus	_____	_____
Javelin	_____	_____
High Jump	_____	_____
Long Jump	_____	_____
Triple Jump	_____	_____
Pole Vault	_____	_____

Number of Relays Entered = _____ x \$30.00 = _____ (TOTAL ENTRY FEE)

Make Check Payable to: B. C. C. A.

Mail Check and Entry to: Lindsey Reggo
310 Hamilton Ave.
Hasbrouck Heights, NJ 07604

Email to: LReggo23@gmail.com