

# 2022 COUNTY SEAT INVITATIONAL

## ALL DIVISIONS WILL BE F.A.T.

Dear Coach,

These are the entry forms and the meet information for the 40th annual County Seat Invitational Track and Field Championships to be held on **Saturday, May 21, 2022** at **Hackensack High School**. Hackensack has an all weather track and field facility. The meet directors feel this meet has something for everyone, and we hope to see you at our meet. Please read the information below, and keep us on your calendar.

Regards,  
Meet Directors

### MEET Information

1. Date: **May 21, 2022** stating at 9:00am  
Site: Hackensack High School
2. **Mile Split To Enter your Athletes Names: ALL Divisions** will be photo timed – The entire meet will be pre-seeded.
3. **Organization of the meet:** There will be five divisions in the meet.
  1. Girls Novice
  2. Boys Freshmen
  3. Boy's Novice
  4. Girls Varsity
  5. Boys Varsity
4. **FAT Timing to help with State-Sectional Seeding**
5. **Awards**
  - A. Medals to the top six (6), in al events, in all divisions
  - B. Trophies to the winning teams in all sub varsity divisions
  - C. Trophies to the large schools, and small schools  
Varsity division (Teams will be divided in half)
6. **Standards for the field events:**
  - Pole Vault 10-0, Boys – Girl's 7'0"
  - Frosh-Soph Girls High Jump – 4'
  - Frosh Boys High Jump – 4'6"
  - Varsity Girl's High Jump – 4'6"
  - Novice Boys High Jump – 4'10"
  - Varsity Boys High Jump – 5'4'
  - The six (6) jump rule will be in effect in the high jump
  - Varsity Long and Triple Jumps will have finals
  - Sub varsity divisions three jumps/throws no finals

7. Note: A novice has never won a varsity medal in an individual event. You can be open running and novice field, and visa-versa. You **can not** compete in both open and novice running or field events. Frosh boys can compete anywhere.
8. **Entries close on Friday, May 13, 2022.** Any questions, email [Tomzaccone@yahoo.com](mailto:Tomzaccone@yahoo.com) or Brian Rodak @ njbta@aol.com

## Hope to see you at our meet!

### County Seat Invitational Order of events

<b>9:00am</b>	1600M RUN	Frosh Boys, Novice Boys, Novice Girls
	800M RELAY	Frosh Boys, Novice Boys, Novice Girls
	800M RUN	Frosh Boys, Novice Boys, Novice Girls
	INT. HURD	Frosh Boys, Novice Boys, Var. Boys Novice Girls, Var. Girls
	1600M. RELAY	Frosh Boys, Novice Boys , Novice Girls
	3200M RUN	Var. Boys, Var. Girls
	HIGH HURDLES	Frosh Boys, Novice Boys, Var. Boys Novice Girls, Var. Girls
	100M DASH	(Same divisions as the High Hurdles)
	HIGH HURDLE FINALS	
	100M DASH FINALS	
	400M DASH	Finals – Var. Boys, Var. Girls
	1600M RUN	Var.Boys, Var. Girls
	200M DASH	Final – Var. Boys, Var. Girls
	800M RUN	Var. Boys, Var. Girls
	400M RELAY	Var. Boys, Var. Girls
	1600M RELAY	Var. Boys, Var. Girls

#### Rotation in the weights

Shot Put	Var. Girls, Var.Boys , Novice Boys
Discus	Var.Boys, Var. Girls, Novice Boys ( <b>Max 3 entries</b> )
<b>Extra</b>	
Circle (Shot)	Frosh Boys, Novice Girls
Javelin	Novice Boys-Frosh Boys-Novice Girls Var.Girls, Var. Boys

#### Order in the Horizontal Jumps

Long Jump	Novice Boys-Frosh Boys-Novice Girls Var. Girls-Var. Boys
Triple Jump	Novice Girls-Novice Boys-Frosh Boys Var. Boys - Var. Girls
Pole Vault	Boys first, then Girls
High Jump	Novice Girls, Frosh Boys, Novice Boys, Var.Girls, Var. Boys

**2022 County Seat Invitational Entry Form:**

**5/21/22**

School \_\_\_\_\_

School Address \_\_\_\_\_

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

E-Mail \_\_\_\_\_

A.D.'s Fax Number \_\_\_\_\_

Entries Close: **May 13, 2022**

**Mail To:** Tom Zaccone  
143 McIntosh Dr  
Mahwah, NJ 07430

\_\_\_\_\_ X \$7.00 (individual per event) = \_\_\_\_\_

\_\_\_\_\_ X \$25.00 per relay = \_\_\_\_\_

**Total Entry = \_\_\_\_\_ Email: tomzaccone@yahoo.com**

Make Checks Payable to: **Bergen Track & Field LLC (Fed # 45-0600026)**

**Coaches Check List**

1. Email This Paper Entry **tomzaccone@yahoo.com**
2. Enter your athletes by **Friday, May 20,2022**
3. The Heat Sheet will be emailed to you. Please let your athlete know what Division – Heat – Lane they are in. Make sure your athletes check in on time