

**2018 Jack Yockers
Bergen County Relays**

DATES and TIMES

**WEDNESDAY, April 18 – Div. A & E – at Ridgewood MS –
Div. B at Mahwah H.S. field events start at 3:30**

**FRIDAY, April 20 – All divisions at River Dell High School – field events
start at 3:30, running at 4:00 PM**

**SATURDAY, April 21 – All divisions at River Dell High School – all events
start at 9:00 AM**

Meet Notes:

- 1. In order to enter the meet you MUST go to NJ Milesplit and enter ALL your athletes that are going to compete in the meet. You will get a comp. # for each athlete. You STILL MUST turn your event card WITH the COMP # on them, when called by the Clerks!!!**
- 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 \$25.00 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.**

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:

TOM ZACCONE (Questions, call Tom Zaccone at 201-529-8217
143 Mc INTOSH DRIVE or Brian Rodak at 973-831-2412)
MAHWAH NJ 07430

OR FAXED TO: 201-252-2060

ENTRIES CLOSE FRIDAY, APRIL 14

JACK YOCKERS 2018
Bergen County Relays

Saturday, April 21, 2018 **River Dell High School**

TRACK: 9:00 am – BOYS FOLLOWED BY GIRLS- Div. A,B&E
FOLLOWED BY C&D

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

FIELD: 9:00 am

1. High Jump: #1 Girls Divisions C & D
 # 2 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 Division A, B &E Followed by Boys
 Division C&D
 Runway two: Girls Division D & C Followed by Girls Division A,B&E
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 QUARTILE - 2018

Division A

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

Division B

Tenaflly
Indian Hills
Dwight Morrow
Ramapo
Garfield
River Dell
Demarest
Ridgefield Park
Fort Lee
Mahwah
Lodi
Westwood

Division C

Ridgefield
Pascack Hills
Ramsey
Rutherford
Glen Rock
Lyndhurst
Dumont
New Milford
Hasbrouck Heights
Cresskill
Leonia
Elmwood Park

Division D

Bergen Charter
Saddle Brook
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-Englewood
Immac Conception
Saddle River Day

**2018 JACK YOCKERS
BERGEN COUNTY RELAYS**

Check one: BOYS ENTRY: _____ GIRLS ENTRY _____

SCHOOL _____ **COACH** _____
School Phone _____ **Home Phone** _____ **Divison** _____

(Check events you are competing in)

EVENTS

- 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 \$25.00 = _____ (TOTAL ENTRY FEE)

Make Check Payable to : B C C A

**Mail Check and Entry to: Tom Zaccone
143 McIntosh Drive
Mahwah NJ 07430**

Or fax to: 201-252-2060

ATHLETIC DIRECTORS SIGNATURE: _____

(Must accompany this entry)