2016 COUNTY SEAT INVITATIONAL
VARISITY DIVISIONS WILL BE F.A.T.

Dear Coach,

These are the entry forms and the meet information for the 28th annual County Seat Invitational Track and Field Championships to be held on **Saturday, May 20, 2017** 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 20, 2017** stating at 9:00am
   Site: Hackensack High School

2. **Mile Split To Enter Names/Event t**: The Varsity Divisions will be photo timed

3. **Organization of the meet**: There will be six divisions in the meet.
   1. Girls Frosh – Soph.
   2. Boys Freshmen
   3. Boy's Novice
   4. Girls Varsity
   5. Boys Varsity A and B (Division A are the large half of the schools in the meet)

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 teams in both boys varsity divisions
   D. Trophies to the large schools, and small schools in the girls 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 and Frosh-Soph girls can compete anywhere.

8. **Entries close on Friday, May 13, 2016.** Any questions, call Tom Zaccone at 201-529-8217 or Brian Rodak at 973-831-2412.

Hope to see you at our meet!

County Seat Invitational
Order of events

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

Rotation in the weights

Shot Put	Fr-Soph Girls Var. Girls, Var.Boys A ,Var.Boys B
Discus	Var.Boys B, Var.Boys A, Var. Girls, Novice Boys
Extra	
Circle (Shot)	Frosh Boys, Novice Boys
Javelin	Novice Boys-Frosh Boys-Frosh-Soph Girls Var.Girls, Var. Boys A-Var. Boys B

Order in the Horizontal Jumps

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

County Seat Invitational

Entry Form – Boys

Information: **Entry fee - $6.00 per athlete, per event. $15.00 per relay**
Entries close Friday, May 12, 2017
Make checks payable to: Bergen Track & Field LLC
Check or School Voucher should accompany this entry

School_____**Coach**_____**Home Telephone#**_____

FROSH-Boys	**Novice Boys**	**VARSITY Boys**
100M Dash_____	100M Dash_____	100M Dash_____
800M Dash_____	800M Run_____	200M Dash_____
1600M Run_____	1600M Run_____	400M Dash_____
High Hurd_____	High Hurdle _____	800M Run_____
400 I.H. _____	400M I.H. _____	1600M Run_____
Shot Put _____	Shot Put_____	3200 M Run_____
Discus* __XXXXX__	Discus* _____(max 3)	High Hurd _____
Javelin _____	Javelin _____	400M I.H. _____
High Jump_____	High Jump _____	Shot Put_____
Long Jump_____	Long Jump _____	Discus*_____
Trip. Jump_____	Trip. Jump _____	Javelin _____
		High Jump_____
800M Rel._____	800M. Rel. _____	Long Jump_____
1600M Rel. _____	1600M. Rel. _____	Trip. Jump _____
		Pole Vault _____

(Only 1 Team)1600M. Relay_____

*** Limit 3 throwers per team**

TOTAL NUMBER OF INDIVIDUALS x $6.00 = _____

TOTAL NUMBER OF RELAYS x $15.00 = _____

TOTAL ENTRY ENCLOSED = _____

MAIL TO: TOM ZACCONE
143 MC INTOSH DR.
MAHWAH, NJ 07430

Fax: (201 252-2060) (NO COVER PAGES)

County Seat Invitational

Entry Form – Girls

Information: **Entry fee - $6.00 per athlete, per event. $15.00 per relay**
Entries close Friday, May 12, 2017
Make checks payable to: Bergen Track & Field LLC
Check or School Voucher should accompany this entry

School_____**Coach**_____**Home Telephone#**_____

FROSH-SOPH Girls

100M Dash_____
800M Dash_____
1600M Run_____
High Hurd_____
400 I.H. _____
Shot Put _____
Discus* _XXXXXXX
Javelin _____
High Jump_____
Long Jump_____
Trip. Jump_____

800M Rel._____
1600M Rel. _____

VARSITY Girls

100M Dash_____
200M Dash_____
400M Dash_____
800M Run_____
1600M Run_____
3200M Run_____
High Hurd _____
400 I.H. _____
Shot Put_____
Discus*_____
Javelin _____
High Jump_____
Long Jump_____
Trip. Jump _____
Pole Vault _____

(Only 1 Team) 1600M. Relay_____

*** Limit 3 throwers per team**

TOTAL NUMBER OF INDIVIDUALS x $6.00 = _____

TOTAL NUMBER OF RELAYS x $15.00 = _____

TOTAL ENTRY ENCLOSED = _____

MAIL TO: TOM ZACCONE
143 MC INTOSH DR.
MAHWAH, NJ 07430

Fax: 201-252-2060