

2023 COUNTY SEAT INVITATIONAL

ALL DIVISIONS WILL BE F.A.T.

Dear Coach,

These are the entry forms and the meet information for the 41st annual County Seat Invitational Track and Field Championships to be held on **Saturday, May 20, 2023** 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, 2023** 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 12, 2023.** Any questions, email Tomzaccone@yahoo.com or Brian Rodak @ njbta@aol.com

Hope to see you at our meet!

County Seat Invitational Order of events

9:00am	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 (Max 3 entries)
Extra	
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

2023 County Seat Invitational Entry Form:

5/20/23

School _____

School Address _____

Coach _____ Cell Phone _____

E-Mail _____

A.D.'s Fax Number _____

Entries Close: **May 12, 2023**

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

_____ X \$8.00 (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 19,2023**
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