

Coaches:

We are putting together two Outdoor Winter Track Meets at Ramapo High School. These meets will have FAT timing.

The date of the meets will also be slightly flexible to allow for the weather

We will select the day of the meet 2-3 days before

Thank you

Our goal is to have a 2 hour meet

Entries will be restricted and be on a first come/first entered basis

Ramapo Outdoor/Winter Track Series

Order of events:

4 X 800 Relay	VB – VG – NB – NG
55 meter hurdles	VB – NB – FB – VG – NG – FG (8 to Final)
55 meter dash	VB – VG – NB – NG – FB – FG (8 to Final)
4 X 200 relay	VB – VG
800 meter run	NB – NG – FB – FG
200 meter dash	NB – NG – FB – FG
1600 meter run	VB – VG
4 X 400 relay	VB – VG – NB – NG
Shot Put	VB – VG – NB – NG (3 Throws)
High Jump	VG - VB

Ramapo Outdoor/Winter Track Series

#1 Friday, December 17 or Saturday, December 18, 2021

#2 Tuesday or Wednesday or Thursday February 8 – 9 - 10

**We are offering events for your entire team in one meet.
All the Events will have FAT timing.**

1. **In order to enter the meet you MUST fax your PAPER ENTRY in first – Then you will get the PASSWORD to enter on Milesplit.**
2. **# 1 Entries Close Friday, December 10th** – The Meet may close before that date if it has reached it's school capacity. We will leave Milesplit opened until Thursday Night (12/16/21), so you can adjust names, events etc.
3. **#2 Entries Close Tuesday, February 1st** – The Meet may close before that date if it has reached it's school capacity. We will leave Milesplit opened until Monday Night (2/7/22), so you can adjust names, events etc.
4. A **NOVICE** athlete is one who has not won a VARSITY individual medal in Indoor or Outdoor Track. All individual winners of novice competitions should be moved up to the open division for the next meet. (Let's make the Novice Competition better)
5. You can enter as many individuals and relay teams (**only one Varsity**) as you wish. Please bring your own batons.
6. In the Shot Put – we will do Varsity First – then Novice until the running events have concluded.
7. High Jump – we will start at 5-0 (boys) and 4-0 (girls)
8. Awards: **Three** deep in every event.

Questions? – email Brian Rodak njbta@aol.com

Ramapo Outdoor/Winter Track Series

Ramapo High School, Franklin Lakes, NJ

ENTRY FORM:

Circle Meet That you are entering – Use Separate Forms for each meet

1 12/17 or 12/18/21

#2 2/8 or 2/9 or 2/10/22

School _____

School Address _____

Coach _____ Cell Phone _____

E-Mail _____

A.D.'s Fax Number _____

Entries Close: **December 21, 2021**

Mail To: Brian Rodak
1 Adobe Drive
Wayne, N.J. 07470

Boy's Blanked Entry \$400 _____

Girl's Blanked Entry \$400 _____

Total School Entry _____

Email: njbta@aol.com

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

Coaches Check List

1. Email This Paper Entry njbta@aol.com
2. Enter your athletes by **Wednesday, December 29th**