

## 2025 BERGEN COUNTY TRACK AND FIELD CHAMPIONSHIP

Dear Coach,

Enclosed are the entry form and meet information for the indoor county meet, to be held on **Wednesday, February 12<sup>th</sup>** at the 168<sup>th</sup> Street Armory.  
This entry is due by February 5, 2025.

Thanks,

Meet Directors

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**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 email your PAPER ENTRY in first – Then enter on Milesplit.**
2. Coaches Packets will contain bar coded Name/Team stickers for each athlete entered in an event on the oval. The 55 & 55H are pre-seeded and the athletes name will be posted on heat sheets. In the field events, the athlete's names are on official result sheets and the field athletes just need to check in at their event when called. There will be assigned flights in the Long, Triple Jumps & Shot Put.
3. **Entries Close Wednesday February 5<sup>th</sup>** – We will leave Milesplit opened until Tuesday Night, so you can adjust names, events etc.
4. The hurdles and the dash will be run on the INSIDE of the track while events are being run on the outside track.
5. A **NOVICE** athlete is one who has not won a VARSITY individual medal in Indoor or Outdoor Track.
7. You can enter 5 individuals on the 200 Oval and relay teams (**only one Varsity**). Please bring your own batons and pins.
8. **In the Shot Put – We will take the top 30 throwers only  
In the Long & Triple Jump – We will take the top 30 only**
8. Awards: **Six** deep in every event.
9. **SPIKES ALLOWED in ALL VARSITY EVENTS Per ARMORY STAFF.**
10. Please advise your athletes when crossing the track that there is a meet going on to avoid problems.

## 2025 BERGEN COUNTY CHAMPIONSHIPS

### Order of Events

**5:15 P.M.** 3200 Meter Run (**Top 25 Entered**)  
**5:15 P.M.** 55M. Hurd. And 55M Dash (In the infield)  
600M. Dash  
800M. Run-Frosh  
(Boys before Girls in all running events) 400M. Dash  
1000M. Run  
800M. Run-Novice  
200M Dash  
1600M Run  
800M. Run  
200M. Dash-Frosh and Novice  
1600M. Relay-Frosh  
1600M. Relay

The field events will start at **5:15 P.M.**

Shot Put – Varsity (Trials and finals), Boys first, then girls (**Top 30 throwers Only**)

High Jump – Boys, Girls, and Pentathlon (after hurdles/dash)

Pole Vault – opening height to be determined (2023 – Boys-11-0, Girls-8-6)

Long Jump (Boys first, then girls) (**Top 30 Jumpers**)

Triple Jump (Girls first, then boys) (**Top 30 Jumpers**)

Pentathlon Rotation – 55M. Hurdles (at the beginning of the meet)

Shot Put

High Jump

Long Jump

1000M.-Boys, 800M – Girls

### **YOU CAN ONLY ENTER 5 ATHLETES IN ANY OVAL RUNNING EVENT**

The All County vote meeting will be held on Wednesday, March 5th at River Dell High School, at 5:00 P.M. After Big North Pre-Season Meeting

### **SPIKES ALLOWED IN ALL VARSITY EVENTS!**

**Freshmen & Novice Rubber Sole Bottoms – No Plastic**

**BERGEN COUNTY INDOOR CHAMPIONSHIPS**

- 1. Unlimited entries in all events except Long/Triple. **Only one Varsity Relay**
- 2. Entry fee - \$8.00 per athlete, per event, \$30.00 for the relays,  
\$20.00 for the pentathlon.
- 3. Make check payable to B.C.C.A.
- 4. A check or school voucher should accompany this entry.

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School \_\_\_\_\_

Coach \_\_\_\_\_ Cell # \_\_\_\_\_

Email \_\_\_\_\_

\_\_\_\_\_ X \$8.00 (individual events) = \_\_\_\_\_

\_\_\_\_\_ X \$20.00 (Pentathlon) = \_\_\_\_\_

\_\_\_\_\_ X \$30.00 per relay = \_\_\_\_\_

**Total Entry** = \_\_\_\_\_

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

**Email:** tomzaccone@yahoo.com

**Coaches Check List**

- 1. Email entry: tomzaccone@yahoo.com
- 2. Enter your athletes by **Tuesday, February 11<sup>th</sup>**
- 3. **ONLY 5 PER OVAL RUNNING EVENT**
- 4. Check online - **Wednesday** for your athletes **Heat/Lane/Flight** for 55 Hurdles, 55 Dash and Long Jump, Triple Jump and Shot Put (**results.armorytrack.com**)
- 5. Day of the meet, you will pick up your packet, containing the labels for your athletes that you entered on milesplit. Make sure your athletes check in on time