

2023 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 15th** at the 168th Street Armory.
This entry is due by February 8, 2023.

Thanks,

Meet Directors

**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 9th** – 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.
6. You can enter as many individuals and relay teams (**only one Varsity**) as you wish. Please bring your own batons and pins.
4. In the Shot Put – We will take the top 30 throwers only
5. Awards: **Six** deep in every event.
6. **SPIKES ALLOWED in VARSITY EVENTS ONLY!!! Per ARMORY STAFF.**
7. Please advise your athlete's when crossing the track that there is a meet going on to avoid problems.

2023 BERGEN COUNTY CHAMPIONSHIPS

Order of Events

5:15 P.M. 3200 Meter Run
5:15 P.M. 55M. Hurd. And 55M Dash (In the infield)
600M. Dash
800M. Run-Frosh
(Boys before Girls in all 400M. Dash
running events) 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 (2022 – Boys-11-0, Girls-8-6)

Long Jump (Boys first, then girls) (**3 per team**)

Triple Jump (Girls first, then boys) (**3 per team**)

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

Shot Put

High Jump

Long Jump

1000M.-Boys, 800M – Girls

The all county vote meeting will be held on Wednesday, March 7th at River Dell High School, at 5:00 P.M. After Big North Pre-Season Meeting

BERGEN COUNTY INDOOR CHAMPIONSHIPS

- 1. Unlimited entries in all events except Long/Triple. **Only one Varsity Relay**
- 2. Entry fee - \$7.00 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.

School _____

Coach _____ Cell # _____

Email _____

_____ X \$7.00 (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 14th**
- 3. 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**)
- 4. 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