

Gene "Red" Littler
2019
Bergen County Championships

Friday, May 10, 2019 @ Old Tappan High School – Groups A, D & E

Friday, May 10, 2019 @ Hasbrouck Heights High School – Groups B & C

Saturday, May 11, 2019 @ Old Tappan High School – All Groups

NEW MEET ENTRY PROCESS

1. You **MUST** enter your athletes into their Events by the Night before the meet on milesplit. Remember to enter the correct Group.
2. Also add your additional athletes to the Roster Collection in case of a change
3. The Meet will be completely seeded beforehand. (Just like everyone's League Meets)
4. Day of the meet, you may make a few changes – No seed changes
5. There will be **NO NEW ENTRIES ON THE DAY OF THE MEET**

Additional Meet Info

1. The meet will be run in ten sections:

DIVISION	A	BOYS & GIRLS
DIVISION	B	BOYS & GIRLS
DIVISION	C	BOYS & GIRLS
DIVISION	D	BOYS & GIRLS
DIVISION	E	BOYS & GIRLS

2. Limit of 3 contestants per event. ONE RELAY TEAM
3. Entry Fee: \$ 10.00 per individual - \$ 20.00 per Relay Team
4. Entries Close: Friday, May 3, 2019
5. Awards: Trophies to first place team in each division. Medals to the top 6 finishers in all events.
6. Scoring: 10 - 8 - 6 - 4 - 2 - 1
7. Trials and finals in all field events.
8. Spikes allowed – ¼ inch, bring your own starting blocks
9. Starting heights determined by meet management
10. Uniform rule enforced in all events.
11. All throwing implements must be approved by the weight master BEFORE the meet..
12. The Meet may run up to 20 minutes ahead of schedule.

Gene "Red" Littler Bergen County Meet
Friday, May 10th, 2019

A, D & E Divisions @ Old Tappan High School B & C @ Hasbrouck Heights H. S.

FIELD EVENTS: 3:30 pm

Boys	Javelin Final	A - D - E	B - C
Boys	Discus Final	D - E - A	
Girls	Shot Final	E - A - D	C - B
Boys	Long Jump	A - D - E	C - B
Girls	Long Jump	E - A - D	B - C
Boys	Pole Vault Final	A,D&E together	C&B together
Girls	High Jump Final	E- D - A	B - C

RUNNING EVENTS: 3:30 pm

3:30	Boys	400 IH	A - D - E	C - B
3:45	Girls	400 IH	A - D - E	C - B
4:00	Boys	100 M Trials	A - D - E	C - B
4:10	Girls	100 M Trials	A - D - E	C - B
4:20	Boys	1600 meters	A	C
4:35	Girls	1600 meters	A	C
4:50	Boys	100 M Final	A - C - E	C - B
4:55	Girls	100 M Final	A - C - E	C - B
5:00	Boys	1600 M	D - E	B
5:15	Girls	1600 M	D - E	B
5:30	Boys	400 M Finals	A - D - E	C - B
5:45	Girls	400 M Finals	A - D - E	C - B
6:00	Boys	4 X 800 Relay	A	C
6:10	Girls	4 X 800 Relay	A	C
6:25	Boys	4 X 800 Relay	D & E (combined)	B
6:35	Girls	4 X 800 Relay	D & E (combined)	B

**Gene “Red” Littler County Championships
Saturday, May 11 , 2019**

Old Tappan High School

Coaches Meeting 8:45AM

9:00 am	Boys	110 M Hurdles Trials	A – B – C – D - E
9:20 am	Girls	100 M Hurdles Trials	A – B – C – D - E
9:40 am	Boys	800 M	A – B – C – D - E
10:05 am	Girls	800 M	A – B – C – D - E
10:30 am	Girls	100 M Hurdles Finals	A – B – C – D - E
10:40 am	Boys	110 M Hurdles Finals	A – B – C – D - E
10:50 am	Boys	3200 M	A – B
11:10 am	Boys	4 X 100 M Relay	A – B – C – D - E
11:25 am	Girls	4 X 100 M Relay	A – B – C – D - E
11:40 am	Girls	3200 M	A – B
12:10 pm	Boys	200 M Finals	A – B – C – D - E
12:30 pm	Girls	200 M Finals	A – B – C – D - E
12:50 pm	Boys	3200 M	C - D – E (combined?)
1:15 pm	Girls	3200 M	C - D – E (combined?)
1:45 pm	Boys	4 X 400 M Relay	A – B – C – D - E
2:25 pm	Girls	4 X 400 M Relay	A – B – C - D - E

Field Events 9:00 am

Girls	Pole Vault	A & B together then C,D & E together
Boys	High Jump	B – D&E – A – C
Boys	Discus	C - B – then - Girls E
Girls	Discus	B – C – D - A -
Girls	Javelin	E - D – A – B – C
Boys	Shot	A – E – C – D - B
Girls	Triple Jump	A – B – C – D - E
Boys	Triple Jump	E - C – D – B - A

Gene "Red" Littler Bergen County Championships

SCHOOL _____ DIVISION _____

Coach _____ School Phone _____ Cell Phone _____

CIRCLE ONE - BOYS ENTRY

GIRLS ENTRY

MAX 3 Entries Per Event / Per School

Number of Athletes

110 M HH	_____
400 M IH	_____
100 M	_____
200 M	_____
400 M	_____
800 M	_____
1600 M	_____
3200 M	_____
High Jump	_____
Long Jump	_____
Triple Jump	_____
Shot Put	_____
Discus	_____
Javelin	_____
Pole Vault	_____

	Individual Entries	_____	x	\$10.00 =	_____
(400-1600-3200)	Relay Entries	_____	x	\$20.00 =	_____
				Total Fee =	_____

Checks Payable to: BCCA Mail To: TOM ZACCONE
143 MC INTOSH DRIVE
MAHWAH, NJ 07430

Questions – 201-529-8217
FAX # 201-252-2060 – (no cover page needed)

Athletic Director's Signature _____

**Entry will not be accepted without Athletic Director's Signature

Friday, May 17th, 2019
at Hackensack High School's Track

The finest athletes in Bergen County will be competing in this meet.

AWARDS THAT WILL BE GIVEN AT THE END OF THIS MEET:

TOM ZACCONE AWARD	OUTSTANDING GIRLS TRACK ATHLETE
MIKE GLYNN AWARD	OUTSTANDING BOYS TRACK ATHLETE
ED CHURCH AWARD	OUTSTANDING BOYS FIELD ATHLETE
PAUL SCHWARTZ AWARD	OUTSTANDING GIRLS FIELD ATHLETE

ORDER OF EVENTS

FIELD STARTING AT 3:30 PM

Boys	TRIPLE JUMP	followed by	Boys	LONG JUMP	
Girls	LONG JUMP	followed by	Girls	TRIPLE JUMP	
Boys	POLE VAULT	followed by	Girls	POLE VAULT	
Girls	HIGH JUMP	followed by	Boys	HIGH JUMP	
Girls	DISC	followed by	JAVELIN	followed by	SHOT
Boys	JAVELIN	followed by	SHOT	followed by	DISC

TRACK STARTING AT 6:00 PM

6:00 pm	GIRLS	HURDLE TRIALS
6:05 pm	BOYS	HURDLE TRIALS
6:15 pm	GIRLS	100 TRIALS
6:20 pm	BOYS	100 TRIALS

FINALS STARTING AT 6:40 PM

6:40 pm	400	METER INTERMEDIATE HURDLES
6:55 pm	100	METER DASH
7:00 pm	1600	METER RUN
7:20 pm	400	METER DASH
7:30 pm	110 or 100	METER HURDLES
7:40 pm	800	METER DASH
7:50 pm	200	METER DASH
8:00 pm	3200	METER RUN
8:30 pm	1600	METER RELAY

ON TRACK GIRLS FOLLOWED BY BOYS

BERGEN COUNTY TRACK QUARTILE - 2019

Division A

Bergen Tech
Hackensack
Ridgewood
Fair Lawn
No.Highlands
Tenafly
Old Tappan
Cliffside Park
Paramus
Ramapo
Pascack Valley

Division B

Teaneck
Indian Hills
Dwight Morrow
Bergenfield
Garfield
River Dell
Demarest
Ridgefield Park
Fort Lee
Mahwah
Lodi
Ramsey

Division C

Pascack Hills
Westwood
Saddle Brook
Dumont
Glen Rock
Rutherford
Lyndhurst
New Milford
Hasbrouck Heights
Cresskill
Leonia
Elmwood Park

Division D

Bergen Charter
Ridgefield
North Arlington
Becton
Waldwick
Palisades Park
Emerson
Park Ridge
Bogota
Midland Park
Wood-Ridge
Wallington

Division E

Don Bosco
Bergen Catholic
St. Joes
Paramus Catholic

St. Mary's
IHA
Holy Angels
Dwight-Engle
Immac Conception
Saddle River Day