



**Sophomore Championships**  
**Ramsey High School**  
**May 21, 2024**

**ORDER OF EVENTS**

4:00 PM      400 Meter Hurdles, boys followed by girls  
100 Meter Dash Trials and Semis (if Necessary)  
1600 Meter Run  
Boys 110 Meter High Hurdles Trials/Semis/Finals  
Girls 100 Meter High Hurdles Trials/Semis/Finals  
400 Meter Dash Final on Time  
100 Meter Dash Final  
800 Meter Run Final  
200 Meter Dash Final on Time  
3200 Meter Run  
1600 Meter Relay

**FIELD EVENTS**

4:00PM	Discus	Boys then Girls
	Shot	Girls then Boys
	Javelin	Open Runway until 5:15PM THEN FINALS
	High Jump	Girls then Boys
	Pole Vault	Boys then Girls
	Triple Jump	Open Pit 4:00PM -5:15PM THEN FINALS
	Long Jump	Open Pit 4:00PM -5:15PM THEN FINALS

Pole Vault starting Heights	Boys 9-6 then up by 6 inches
	Girls 7-0 then up by 6 inches

High Jump starting Heights	Boys 5-0 then up by 2 inches
	Girls 4-0 then up by 2 inches

**THE NORTHERN NEW JERSEY SOPHOMORE INVITATIONAL**  
**TRACK AND FIELD CHAMPIONSHIP**  
**May 21, 2024**

1. Unlimited entries in every event.
2. No names necessary, simply list the total number of athletes entered in each event.
3. Entry fees: \$7.00 per athlete per event; \$25.00 per relay team.

**SCHOOL** **GROUP** **COACH**

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**SCHOOL PHONE** **Cell #**

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<b><u>EVENT</u></b>	<b><u>BOYS</u></b>	<b><u>GIRLS</u></b>
	<b><u>NUMBER OF ENTRIES</u></b>	
100 m.	_____	_____
200 m.	_____	_____
400 m.	_____	_____
800 m.	_____	_____
1600 m.	_____	_____
3200 m.	_____	_____
HIGH HURDLES	_____	_____
INT. HURDLES	_____	_____
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1600 METER RELAY	_____	_____
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SHOT PUT	_____	_____
DISCUS THROW	_____	_____
JAVELIN THROW	_____	_____
LONG JUMP	_____	_____
TRIPLE JUMP	_____	_____
HIGH JUMP	_____	_____
POLE VAULT	_____	_____

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Total number of entries \_\_\_\_\_ X \$7.00 = \$ \_\_\_\_\_

Total number of entries \_\_\_\_\_ X \$25.00 = \$ \_\_\_\_\_

Total entry fee .....\$ \_\_\_\_\_

Mail entries to: **Brian Rodak 361 N. Central Ave, Ramsey, NJ 07446**

**Make out checks to: Bergen Track & Field LLC**  
 (FED. ID # 45-0600026)

**Email: [njbta@aol.com](mailto:njbta@aol.com)**