# THE NORTHERN NEW JERSEY SOPHOMORE INVITATIONAL TRACK AND FIELD CHAMPIONSHIPS

## **ALL Groups meet - Tuesday, May 20th**

#### Dear Coach:

Enclosed are the entry form and order of events for the Boys and Girls Sophomore Track and Field Championships. We know from past interest that you have found this meet to be an asset to your program. The Meet will be held at **Ramsey High School's Track Site** located on Prospect Street in Ramsey.

The starting time of the meet will be 4:00 P.M. for all events.

### **MEET INFORMATION**

- 1. Awards: Top Six in each event Team Trophy to Top Group I & Group II Team Team Trophy to Top Group III & Group IV Team
- 2. Spikes Pins allowed in all events Javelin grass runway
- 3. Bring Batons and Pins
- 4. Entries Close: Wednesday, May 14, 2025
- 5. Pole Vault starting Heights Boys 9-0 then up by 6 inches Girls 7-0 then up by 6 inches
- 6. High Jump starting Heights Boys 5-0 then up by 2 inches Girls 4-0 then up by 2 inches

For the purposes of this meet, a sophomore will be defined as a student meeting regular N.J.S.I.A.A. eligibility requirements and who is:

- 1. In his/her first year of a three year high school; or
- 2. In his/her second year of a four-year high school.

Freshmen are not permitted in this meet

## Sophomore Championships Ramsey High School May 20, 2025

#### 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 9-0 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 20, 2025

- 1. Unlimited entries in every event.
- 2. No names necessary, simply list the total number of athletes entered in each event.
- 3. Entry fees: \$8.00 per athlete per event; \$25.00 per relay team.

<u>SCHOOL</u>	GROUP	COACH	
SCHOOL PHONE	Cell #		
EVENT	BOYS NUMBER	GIRLS OF ENTRIES	
100 m. 200 m. 400 m. 800 m. 1600 m. 3200 m. HIGH HURDLES INT. HURDLES			
1600 METER RELAY			
SHOT PUT DISCUS THROW JAVELIN THROW LONG JUMP TRIPLE JUMP HIGH JUMP POLE VAULT			
Total number of entries			
Total number of entries  Total entry fee			
Mail entries to: Brian Rodak 36	51 N. Central Ave, Ramsey,	NJ 07446	

Make out checks to: Bergen Track & Field LLC