

Gene "Red" Littler
2024
Bergen County Championships

Friday, May 10, 2024 @ Old Tappan High School – Groups A, B & E at 3:30pm

Friday, May 10, 2024 @ Hasbrouck Heights Depken Field – Groups C & D at 3:30pm

Saturday, May 11, 2024 @ Old Tappan High School – All Groups at 8:45am (coaches meeting at 8:35)

MEET ENTRY PROCESS

- 1. In order to enter the meet, you MUST send in your paper entry AND go to NJMilesplit and register your team for this meet. You will have until 3:00pm on Thursday the day before the meet to update your entries for each event.**
- 2. The meet will be completely seeded beforehand. (Just like everyone's League Meets)**
- 3. Day of the meet, you may make a few changes – NO SEED CHANGES**
- 4. 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 three (3) contestants per event. ONE RELAY TEAM
3. Entry Fee: \$ 12.00 per individual - \$ 30.00 per Relay Team
- 4. Entries Close: Friday, May 3, 2024**
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 – 30 minutes ahead of schedule.**

Checks Payable to: BCCA

Mail To: Lindsey Reggo
310 Hamilton Ave.
Hasbrouck Heights, NJ 07604

Email to: LReggo23@gmail.com

(Questions, call Lindsey Reggo at 201-803-1796 or Mike Ryan at 551-404-8425)

Gene "Red" Littler Bergen County Meet

Friday, May 10, 2024

A, B & E Divisions @ Old Tappan High School

C & D @ Hasbrouck Heights – Depken Field

FIELD EVENTS: 3:30pm All throwing implements must be approved before the meet

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

RUNNING EVENTS: 3:30pm

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

Gene "Red" Littler Bergen County Meet

Saturday, May 11, 2024

All Divisions @ Old Tappan High School

Coaches Meeting 8:35 AM

RUNNING EVENTS: 8:45am

| | | | | |
|----------|-------|-----------------|---------------------|-------------------------------|
| 8:45am | Boys | 3200m | | A – B / C – D – E (combined?) |
| 9:30 am | Boys | 110m | High Hurdles Trials | A – B – C – D – E |
| 9:50 am | Girls | 100m | High Hurdles Trials | A – B – C – D – E |
| 10:10 am | Girls | 3200m | | A – B / C – D – E (combined?) |
| 11:00 am | Girls | 100m | High Hurdles Finals | A – B – C – D – E |
| 11:10 am | Boys | 110m | High Hurdles Finals | A – B – C – D – E |
| 11:20 | Boys | 800m | | A – B – C – D – E |
| 11:50 am | Boys | 4 X 100m Relay | | A – B – C – D – E |
| 12:10 pm | Girls | 4 X 100m Relay | | A – B – C – D – E |
| 12:35 pm | Girls | 800m | | A – B – C – D – E |
| 1:05 pm | Boys | 200m | Finals | A – B – C – D – E |
| 1:30 pm | Girls | 200m | Finals | A – B – C – D – E |
| 1:55 pm | Boys | 4 X 400 M Relay | | A – B – C – D – E |
| 2:20 pm | Girls | 4 X 400 M Relay | | A – B – C – D – E |

FIELD EVENTS: 8:45am All throwing implements must be approved before the meet

| | | |
|-------|-------------|-------------------------------------|
| Girls | Pole Vault | A, B together then C, D, E together |
| Boys | High Jump | B – <u>D&E together</u> – A – C |
| Girls | Discus | D – C – E – A |
| Boys | Discus | C – D then Girls B |
| 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 |

**BERGEN COUNTY TRACK RELAY / GROUP CHAMPIONSHIPS
MEET QUARTILE
2024**

Division A (11)

| | |
|---------------|-------|
| Bergen Tech | 1,696 |
| Hackensack | 1,322 |
| Ridgewood | 1,313 |
| Fair Lawn | 1,185 |
| No. Highlands | 961 |
| Teaneck | 928 |
| Tenafly | 917 |
| Bergenfield | 911 |
| Ramapo | 911 |
| Cliffside Pk. | 908 |
| Garfield | 852 |

Division B (12)

| | |
|----------------|-----|
| Fort Lee | 838 |
| Paramus | 827 |
| Dwight Morrow | 759 |
| Old Tappan | 759 |
| River Dell | 738 |
| Demarest | 736 |
| Pascack Valley | 736 |
| Ridgefield Pk. | 672 |
| Lodi | 666 |
| Leonia | 648 |
| Mahwah | 638 |
| Westwood | 604 |

Division C (12)

| | |
|-----------------|-----|
| Pascack Hills | 595 |
| Indian Hills | 594 |
| Lyndhurst | 594 |
| Ramsey | 593 |
| Elmwood Park | 588 |
| Dumont | 569 |
| Rutherford | 564 |
| Becton | 539 |
| Glen Rock | 518 |
| New Milford | 442 |
| North Arlington | 423 |
| Hasbrouck Hts. | 404 |

Division D (12)

| | |
|----------------|-----|
| Saddle Brook | 386 |
| Ridgefield | 372 |
| Cresskill | 371 |
| Palisades Pk. | 355 |
| Waldwick | 323 |
| Wood-Ridge | 290 |
| Wallington | 278 |
| Bergen Charter | 276 |
| Bogota | 261 |
| Park Ridge | 256 |
| Emerson | 220 |
| Midland Park | 136 |

Division E (10)

| |
|------------------|
| Don Bosco |
| Bergen Catholic |
| St. Joes |
| Paramus Catholic |
| St. Mary's |
| IHA |
| Holy Angels |
| Dwight-Englewood |
| ICHS |
| Saddle River Day |

Gene "Red" Littler Bergen County Championships

ENTRY FORM

SCHOOL _____

School Phone _____

BOYS COACH _____

Home Phone _____

GIRLS COACH _____

Home Phone _____

DIVISION _____

****MAX 3 Entries Per Event / Per School****

Number of Athletes

| | BOYS(3) | GIRLS(3) |
|---------------------------|---------|----------|
| 110m / 100m High Hurdles | _____ | _____ |
| 400m Intermediate Hurdles | _____ | _____ |
| 100m | _____ | _____ |
| 200m | _____ | _____ |
| 400m | _____ | _____ |
| 800m | _____ | _____ |
| 1600m | _____ | _____ |
| 3200m | _____ | _____ |
| High Jump | _____ | _____ |
| Long Jump | _____ | _____ |
| Triple Jump | _____ | _____ |
| Shot Put | _____ | _____ |
| Discus | _____ | _____ |
| Javelin | _____ | _____ |
| Pole Vault | _____ | _____ |

MAX 1 relay per school

BOYS(1) GIRLS(1)

| | | |
|-----------------------|-------|-------|
| 4 X 100 Relay (400m) | _____ | _____ |
| 4 X 400 Relay (1600m) | _____ | _____ |
| 4 X 800 Relay (3200m) | _____ | _____ |

Individual Entries _____ x \$12.00 = _____

Relay Entries _____ x \$30.00 = _____

Total Fee = _____

Checks Payable to: BCCA

**Mail To: Lindsey Reggo
310 Hamilton Ave.
Hasbrouck Heights, NJ 07604**

Email to: LReggo23@gmail.com

(Questions, call Lindsey Reggo at 201-803-1796 or Mike Ryan at 551-404-8425)

2024

Lou Lanzalotto

BERGEN COUNTY MEET OF CHAMPIONS

Friday, May 17, 2024 @ Hackensack High School

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 |
| Boys DISC | followed by JAVELIN | followed by SHOT |
| Girls JAVELIN | followed by SHOT | followed by DISC |

AWARDS CEREMONY AT 5:40: Awards presentation to the Bergen County Relays / Divisional Champions and County Relays most outstanding athletes. Presentation of the Brett Taylor Scholarship winners.

TRACK STARTING AT 6:00 PM

ON TRACK GIRLS FOLLOWED BY BOYS

| | | |
|---------|-------|---------------|
| 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 6:30 PM

ON TRACK GIRLS FOLLOWED BY BOYS

| | | |
|---------|------------|----------------------------|
| 6:30 pm | 400 | METER INTERMEDIATE HURDLES |
| 6:45 pm | 100 | METER DASH |
| 6:50 pm | 1600 | METER RUN |
| 7:10 pm | 400 | METER DASH |
| 7:20 pm | 110 or 100 | METER HURDLES |
| 7:30 pm | 800 | METER DASH |
| 7:40 pm | 200 | METER DASH |
| 7:50 pm | 3200 | METER RUN |
| 8:20 pm | 1600 | METER RELAY |