

# Tom Zaccone Invitational Meet

Friday, JANUARY 5, 2024                      4:30 P.M.

Rockland Community College, Suffern NY

---

## **\*\*IMPORTANT MEET INFORMATION\*\***

1. The hurdles and dash will be run on the inside of the track.
2. A NOVICE athlete is one who has not won a VARSITY individual medal in Indoor or Outdoor Track. All individual winners of novice competitions should be moved up to the open division for the next meet. (Let's make the Novice Competition better)
3. You can enter as many individuals and relay teams (**except Varsity – 1 team only**) as you wish. Please bring your own batons and pins.
4. Awards: Six deep in every event.
5. RCC'S Track is a rubber surface (**NO SPIKES or PLASTIC BOTTOMS**) – Track is 250 meters.
6. Please advise your athletes when crossing the track that there is a meet going on to avoid problems.
7. Please be advised that this is an entry fee, not a participation fee. Entry fee must be paid regardless of participation since we turn schools away for this meet.
8. In the High Jump – The bar will be raised by 3 inches at a time – 6 Jump rule may be used.
9. In the Shot Put, Long Jump and Triple Jump (**3 attempts – NO FINALS**)  
Shot Put #2 will start after the hurdles and dash on infield

Questions? – call Brian Rodak                      email [njbta@aol.com](mailto:njbta@aol.com)

**Entries Due: December 29, 2023**

# TOM ZACCONE INVITATIONAL

Friday, January 5, 2024

Rockland Community College – 4:30 P.M

## Order of events:

1.	Varsity Boys	3200 meter relay	1.	Frosh Girls	55 meter dash
2.	Varsity Girls	3200 meter relay	2.	Novice Girls	55 meter dash
3.	Novice Boys	3200 meter relay	3.	Varsity Girls	55 meter dash
4.	Frosh Boys	3200 meter relay	4.	Frosh Boys	55 meter dash
5.	Novice Girls	3200 meter relay	5.	Novice Boys	55 meter dash
6.	Frosh Girls	3200 meter relay	6.	Varsity Boys	55 meter dash
7.	Varsity Boys	600 meter dash			
8.	Varsity Girls	600 meter dash			
9.	Novice Boys	600 meter dash	1	Frosh Boys	55 Hurdles
10.	Novice Girls	600 meter dash	2.	Novice Boys	55 Hurdles
11.	Frosh Boys	600 meter dash	3.	Varsity Boys	55 Hurdles
12.	Frosh Girls	600 meter dash	4.	Frosh Girls	55 Hurdles
13.	Varsity Boys	800 meter relay	5.	Novice Girls	55 Hurdles
14.	Varsity Girls	800 meter relay	6.	Varsity Girls	55 Hurdles
15.	Novice Boys	800 meter relay			
16.	Novice Girls	800 meter relay	<b><u>Shot Put #1</u></b>	<b><u>Shot Put # 2</u></b>	
17.	Frosh Boys	800 meter relay	Varsity Girls	Varsity Boys	
18.	Frosh Girls	800 meter relay	Novice Girls	Novice Boys	
19	Varsity Boys	1600 meter run	Frosh Girls		
20	Varsity Girls	1600 meter run	Frosh Boys		
21	Varsity Boys	200 meter dash			
22.	Varsity Girls	200 meter dash	<b><u>Long Jump</u></b>	<b><u>Triple Jump</u></b>	
23.	Novice Boys	200 meter dash	Varsity Boys	Varsity Girls	
24.	Novice Girls	200 meter dash	Varsity Girls	Varsity Boys	
25.	Frosh Boys	200 meter dash	Novice Boys	Novice Girls	
26.	Frosh Girls	200 meter dash	Novice Girls	Novice Boys	
27.	Varsity Boys	1000 meter run	Frosh Boys		
28.	Varsity Girls	1000 meter run	Frosh Girls		
29.	Novice Boys	1000 meter run			
30.	Novice Girls	1000 meter run	<b><u>High Jump</u></b>	<b><u>Pole Vault</u></b>	
31.	Frosh Boys	1000 meter run	Girls (N&V)	Varsity Girls	
32.	Frosh Girls	1000 meter run	Start at 4-0	Start at 6-0- 7-0	
33.	Varsity Boys	1600 meter relay			
34.	Varsity Girls	1600 meter relay	Boys (N & V)	Varsity Boys	
35.	Novice Boys	1600 meter relay	Start at 4-6	Start at 8-6 – 9-6	
36.	Novice Girls	1600 meter relay			
37.	Frosh Boys	1600 meter relay			
38.	Frosh Girls	1600 meter relay			

**2024 Tom Zaccone Invitational Meet Entry Form:**

**1/05/24**

School \_\_\_\_\_

Coach \_\_\_\_\_ Cell Phone \_\_\_\_\_

AD's Fax Number \_\_\_\_\_

Do NOT enter the names on the entry blank, simply the number of entries in each event. Unlimited entries in every event. **(Except Varsity Relays-1 team only)**

Event	Open Boys	Open Girls	Novice Boys	Novice Girls	Frosh Boys	FroshGirls
55 meter hurdles						
55 meter dash						
200 meter dash						
600 meter dash						
1000 meter run						
1600 meter run						
800 meter relay						
1600 meter relay						
3200 meter relay						
Shot Put						
Long Jump						
Triple Jump					XXXXX	XXXXXX
High Jump					XXXXX	XXXXXX
Pole Vault			XXXXXXXXX	XXXXXX	XXXXX	XXXXXX

Entries Close: **December 29, 2023**

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

\_\_\_\_\_ X \$8.00 (individual per event) = \_\_\_\_\_

\_\_\_\_\_ X \$25.00 per relay = \_\_\_\_\_

**Total Entry** = \_\_\_\_\_

**Email:** njbta@aol.com

Make Checks Payable to: **Bergen Track & Field LLC**

**Cards** will be provided – You **MAY NOT** use your own cards!!