

SEASON OPENER INVITATIONAL

SATURDAY, April 8, 2023

FIRST 30 Schools Only

Oakland, New Jersey

Coaches,

The Bergen Track & Field is once again proud to announce their annual Season Opener Invitational will be held at **Indian Hills High School's** All-Weather track this year. We are offering a complete meet schedule for everyone on your team with a **TEAM CHAMPIONSHIP** in every division.

See you on the 8th,
T.Zaccone & B.Rodak

Meet Information:

1. Only schools from Northern New Jersey have been invited.
2. A Novice athlete is one who has not earned an individual medal in indoor or outdoor track.
3. An athlete **MAY NOT** compete in Novice and Varsity Events – You are either a novice for the meet or varsity for the meet.
4. You may enter as many relay teams as you wish in sub varsity and one in varsity events
5. **AWARDS:** Top **SIX** in All Events. Top Team in All Divisions
6. Entry Fee: \$20.00 per relay
7. Entries Due: April 1, 2022
8. Please bring pins and batons. **Pin Spikes Only**
9. All Novice and Frosh field events will be 2-person, along with Int. hurdle relay.

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

Make Checks Payable To:
Bergen Track & Field LLC

Questions?? Submit entry:

Email: njbta@aol.com

SEASON OPENER INVITATIONAL

**April 8, 2023
OAKLAND, NEW JERSEY**

Order of Events

First Event 8:45 AM

- | | | |
|-----|----------------------|----------------|
| 1. | 6400 meter relay | VB |
| 2. | 400 meter relay | FB,NB,VB,NG,VG |
| 3. | 6400 meter relay | VG |
| 4. | Int. Hurdle relay | FB,NB,VB,NG,VG |
| 5. | 800 meter relay | FB,NB,VB,NG,VG |
| 6. | 3200 meter relay | FB,NB,VB,NG,VG |
| 7. | Sprint Medley | VB,VG,FB,NB,NG |
| 8. | Shuttle Hurdle relay | FB,NB,VB,NG,VG |
| 9. | Distance Medley | VB,VG |
| 10. | 1600 meter relay | FB,NB,VB,NG,VG |

Field Events

- | | | |
|----|-------------|----------------|
| 1. | Pole Vault | VB,VG |
| 2. | High Jump | NG,VG,FB,NB,VB |
| 3. | Shot Put | NB,VB,VG, NG |
| 4. | Discus | VB,VG,NG, NB |
| 5. | Javelin | VG,NG,VB,NB,FB |
| 6. | Triple Jump | VB,VG,NB,FB,NG |
| 7. | Long Jump | VG,VB,NG,NB,FB |

Opening Heights:

High Jump Frosh Boys 4-6 Novice Boys 5-0 Varsity Boys 5-4
 Novice Girls 4-0 Varsity Girls 4-4

Pole Vault: Boys – 9-0 – 10-0 then by 6 inches – Girls-6-0- 7-0 then by 6 inches

In the High Jump and Pole Vault the **six jump** rule may be used.

Varsity Field events will be 3-person – **ALL OTHERS WILL BE 2-PERSON**
Varsity Int. Hurdles will be 3-person – **ALL OTHERS WILL BE 2-PERSON**

Sprint Medley Order: 400 – 200 – 200 - 800
Distance Medley Order 1200 - 400 – 800 – 1600

2023 Season Opener Invitational Entry Form

School _____

Coach _____ Home Phone _____

Unlimited entries in all events **except Varsity – one team only**

Events	Var.Boys	Var.Girls	Nov.Boys	Nov.Girls	Frosh Boys
400 meter relay					
800 meter relay					
1600 meter relay					
3200 meter relay					
6400 meter relay			XXXXXX	XXXXXX	XXXXXXXX
Distance Medley			XXXXXX	XXXXXX	XXXXXXXX
Sprint Medley					
Shuttle Hurdles					
Pole Vault relay	<u>Below 3</u>	<u>Person</u>	XXXXX Below 2	XXXXX Person	XXXXX Relays
Int. Hurdle relay					
Shot Put relay					XXXXX
Discus relay					XXXXX
Javelin relay					
High Jump relay					
Triple Jump relay					
Long Jump relay					

_____ # of relays X \$20.00 = _____

Total Entry _____

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