



**Sophomore Championships**  
**Ramsey High School**  
**May 23, 2017**

**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

Boys will precede the girls in each event except in the high hurdles trials and finals.

\*Note: If there are no semi finals, the hurdle finals will be run in place of the semis.

**FIELD EVENTS**

4:00PM	Discus	Boys then Girls
	Shot	Girls then Boys
	Javelin	Boys then Girls
	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 23, 2017**

1. Unlimited entries in every event.
2. No names necessary, simply list the total number of athletes entered in each event.
3. Entry fees: \$6.00 per athlete per event; \$20.00 per relay team.

**SCHOOL** \_\_\_\_\_ **GROUP** \_\_\_\_\_ **COACH** \_\_\_\_\_

**SCHOOL PHONE** \_\_\_\_\_ **HOME PHONE** \_\_\_\_\_

<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	_____	_____

Total number of entries \_\_\_\_\_ X \$6.00 = \$ \_\_\_\_\_

Total number of entries \_\_\_\_\_ X \$20.00 = \$ \_\_\_\_\_

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

Mail entries to: **Brian Rodak 1 Adobe Drive, Wayne, NJ 07470**

**Make out checks to: Bergen Track & Field LLC**      **Fax # (973) 907-2642**  
 (FED. ID # 45-0600026)