

THE NORTHERN NEW JERSEY SOPHOMORE INVITATIONAL TRACK AND FIELD CHAMPIONSHIPS

Groups 1 & 2 meet - Tuesday, May 23rd

Dear Coach:

Enclosed are the entry forms and order of events for the Group I & II 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.

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MEET INFORMATION

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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 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

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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
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SCHOOL PHONE	HOME PHONE
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<u>EVENT</u>	<u>BOYS</u>	<u>GIRLS</u>
	<u>NUMBER OF ENTRIES</u>	
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 _____ 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
 (FED. ID # 45-0600026)

Fax # (973) 907-2642