

# 2024 BERGEN COUNTY INDOOR RELAYS CHAMPIONSHIPS

## Meet Information

### All Events

Date: Monday, January 22, 2024

Site: 168<sup>th</sup> Armory

Time: 5:15PM

**FAT:** You must enter your athletes names in EACH RELAY by Sunday, 1/21/24 – The entire meet will have FAT timing.

**Awards:** Top six teams overall in each event.  
First Place Team trophy in each division.

**Scoring and Team Separation:** The entire meet will be divided into three divisions. Non Public and two Public divisions based on enrollment. Scoring will be **six** places in each division (10-8-6-4-2-1) with medals going to the top **six** teams overall.

**Misc. Info:** You may enter only **ONE VARSITY** team in each relay.  
The six jump rule will be in effect for the Pole Vault.  
You must have 2 athletes check in for all field events!  
Each Team must supply their own batons. Bring safety pins!

**Entry Due: January 15, 2024**

Make Checks Payable To: B.C.C.A.

Questions? email Brian Rodak            njbta@aol.com

# 2024 BERGEN COUNTY INDOOR RELAY CHAMPIONSHIP

168 St. Armory, N.Y.C.

Monday, January 22, 2024

## Order of Events

- |     |                                |                                      |
|-----|--------------------------------|--------------------------------------|
| 1.  | Boys Shuttle Hurdle Relay      | Long Jump – Boys and Girls           |
| 2.  | Girls Shuttle Hurdle Relay     | (90 minutes to jump)                 |
| 3.  | Boys 4 X 1600 Meter Relay      | Triple Jump – follows long jump      |
| 4.  | Girls 4 X 1600 Meter Relay     | Boys and Girls                       |
| 5.  | Boys 800 Meter Relay           | (90 minutes to jump)                 |
| 6.  | Girls 800 Meter Relay          | Shot Put - Varsity Boys              |
| 7.  | Boys 3200 Meter Relay          | Varsity Girls                        |
| 8.  | Girls 3200 Meter Relay         |                                      |
| 9.  | Boys Sprint Medley             | High Jump – Girls start at 4-0 – 4-4 |
| 10. | Girls Sprint Medley            | Boys start at 5-0                    |
| 11. | Boys Distance Medley           |                                      |
| 12. | Girls Distance Medley          |                                      |
| 13. | Boys Varsity 1600 Meter Relay  | Pole Vault – Girls 7-6, 9-0 ???      |
| 14. | Girls Varsity 1600 Meter Relay | Boys 9-0, 10-6 ???                   |
- Six Jump Rule in effect**

Order of the Distance Medley      1200 – 400 – 800 – 1600

Order of the Sprint Medley      400 – 200 – 200 - 800

**In all Field Event Relays – If one of the competitors fails to make a height or obtain a measured jump or throw - the entire relay team is disqualified from the event.**

**YOU MUST ENTER YOUR ATHLETES NAMES IN EACH EVENT  
ON MILESPLIT BY SUNDAY < JANUARY 21st**

# BERGEN COUNTY INDOOR TRACK RELAYS ENTRY FORM:

168<sup>TH</sup> street Armory – Monday, January 22, 2024

School \_\_\_\_\_ Coach \_\_\_\_\_

Coach's Home Phone \_\_\_\_\_

| Event                     | Var. Boys | Var. Girls | Names |
|---------------------------|-----------|------------|-------|
| 4X1600 Meter Relay        |           |            | _____ |
| seed time                 | _____     | _____      | _____ |
| Shuttle Hurdle Relay      |           |            | _____ |
| 800 Meter Relay           |           |            |       |
| Sprint Medley             |           |            |       |
| Distance Medley           |           |            |       |
| 3200 Meter Relay          |           |            |       |
| 1600 Meter Relay          |           |            |       |
| Shot Put Relay (2 man)    |           |            |       |
| High Jump Relay (2 man)   |           |            |       |
| Long Jump Relay (2 man)   |           |            |       |
| Triple Jump Relay (2 man) |           |            |       |
| Pole Vault Relay (2 man)  |           |            |       |

Entry Fee: \_\_\_\_\_ # of teams X \$30.00 = \_\_\_\_\_

**Entries Due: January 15, 2024**

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

**Make Checks Payable To:** B.C.C.A.

**Email:** [njbta@aol.com](mailto:njbta@aol.com)

**Principal's Signature:** \_\_\_\_\_

# NEW INFIELD RULES

1. **THERE WILL NO COACHES BY THE FINISH LINE AT ANYTIME DURING THE MEET** – If one of your coaches gets asked a second time to leave the area, your team running will be disqualified (DQ for not following an officials direction) or your team in the upcoming event will not be allowed to compete.
2. No coaches are to be on the **raised** long/triple jump areas. No one (coaches and athletes) are to be between the runway and the track while races are being run. (This allows the officials to see the runners)
3. There will be a coaching boxes set up:
  - A. Between the high jumps, blocked off by hurdles after the shuttle hurdles.
  - B. Behind the Pole Vault pit for girls high jump
  - C. Off the track near the wall for the long/triple jumps
4. **No BACKPACKS or BAGS** allowed on the infield at any time.
5. During the shuttle hurdles – Coaches may be on the track for the long jump
6. During the 6400 relay coaches may stand in a coach's box which is located before the finish line and between the long jump runway and the track.
7. In the Pole Vault – You athlete has to have cleared 7-0 (Girls) or 8-6 (Boys) prior to the meet to attempt the opening heights. This event is always a problem.

**Remember to enter your athlete's names on milesplit by  
Sunday, January 21st**