

# ***TWIN BORO RELAYS***

***Ramsey, New Jersey***

Dear Coach,

Here are the meet entry and information for the **Twin Boro Relays** to be held **Saturday, April 26<sup>th</sup>**, at Ramsey High School. Please read the enclosed information, and hope to see you at the meet.

## **Meet Information**

1. Entry in the meet is limited to Group I – II & III Schools
2. Ramsey has an all weather track – PIN SPIKES ALLOWED!
3. There will be team championships in the following divisions.  
Novice Boys – Novice Girls – Var.Boys – Var.Girls
4. Awards – Medals to top six in all events – all divisions.  
-Trophy to winning team in Novice Divisions  
-Trophy to the top Small & Large Varsity Divisions
5. Definition of Novice – An athlete who has never won an individual medal in a varsity event. An athlete **CAN NOT** compete in both varsity and novice running events nor varsity and novice field events or visa-versa. Freshmen can compete in all divisions.
6. Starting heights for all field events:  
-High Jump - Novice Girls 4-0, Novice Boys 4-10  
Varsity Girls 4-4, Varsity Boys 5-0  
We reserve the right to use the six jump rule.  
  
-Pole Vault - 9-0 for Boys – 7-0 for Girls
7. Entries Close Friday, April 18th . If you have any questions email Brian Rodak  
njbta@aol.com
8. All Novice Field events and Int.Hurdle relays will be **2-person** – ALL Varsity  
Field Event Relays are **3-person**

# ***Twin Boro Relays***

## **Order of Events**

9:00AM 800-meter relay – Novice Boys, Novice Girls, Var.Boys, Var.Girls  
Distance Medley – Var. Boys, Var. Girls  
Sprint Medley - Novice Boys, Novice Girls, Var.Boys, Var.Girls  
Int. Hurdle Relay – Novice Boys, Var. Boys, Novice Girls, Var. Girls  
1600 meter run – Frosh Boys, Frosh Girls, Novice Boys, Novice Girls  
110-meter hurdles – Frosh Boys, Novice Boys, Var. Boys  
100-meter hurdles – Frosh Girls, Novice Girls, Var.Girls  
100-meter dash – Frosh Girls, Novice Girls, Var.Girls, Frosh Boys  
Novice Boys, Var.Boys

THE TRIALS AND SEMI'S OF THE HURDLES AND DASH WILL BE RUN  
SIMULTANEOUSLY ON BOTH STRAIGHTAWAYS

3200-meter relay – Var.Boys, Var.Girls  
100-meter hurdle – Finals – Frosh Girls, Novice Girls, Var.Girls  
110-meter hurdle – Final – Frosh Boys, Novice Boys, Var.Boys  
100-meter dash – Final – Frosh Boys, Novice Boys, Var.Boys  
Frosh Girls, Novice Girls, Var.Girls  
3200-meter relay – Novice Boys, Novice Girls  
1600-meter relay - Novice Boys, Novice Girls, Var.Boys, Var.Girls

## **Field Events**

9:00 AM Triple Jump – Var Boys,Var.Girls, Nov Boys, Nov Girls, Fr Boys, Fr Girls  
Long Jump – Var. Girls,Var. Boys, Nov Girls, Nov Boys,Fr Girls,Fr Boys  
Pole Vault – Var.Boys, Var.Girls  
High Jump – Novice Girls, Var.Girls, Novice Boys, Var.Boys  
Shot Put – Novice Boys, Var.Boys, Var.Girls, Novice Girls  
Discus – Var.Boys, Var.Girls, Novice Girls, Novice Boys  
Javelin – Var.Girls, Var.Boys, Novice Girls, Novice Boys

# *Twin Boro Relays Entry Form*

School \_\_\_\_\_ Coach/cell # \_\_\_\_\_

- Information:
1. Entry Fee: \$ 8.00 per athlete per event for individuals  
\$25.00 per person relay
  2. Check or school voucher should accompany this entry
  3. **One Varsity** Team per relay event – unlimited in all others

	<u>Var.Boys</u>	<u>Var.Girls</u>	<u>Nov.Boys</u>	<u>Nov.Girls</u>	<u>Frosh Boys</u>	<u>Frosh Girls</u>
100-meter dash	_____	_____	_____	_____	_____	_____
High Hurdles	_____	_____	_____	_____	_____	_____
1600 meters	no varsity		_____	_____	_____	_____
Int Hurdle Relay	_____	_____	_____	_____	(novice 2-person Int.)	
800-meter relay	_____	_____	_____	_____	_____	_____
1600-meter relay	_____	_____	_____	_____	_____	_____
3200-meter relay	_____	_____	_____	_____	_____	_____
Sprint Medley	_____	_____	_____	_____	_____	_____
Distance Medley	_____	_____	_____	_____	_____	_____
	3-person		2-person		_____	_____
Discus Relay	_____	_____	_____	_____	_____	_____
Shot Relay	_____	_____	_____	_____	_____	_____
Javelin Relay	_____	_____	_____	_____	_____	_____
High Jump Relay	_____	_____	_____	_____	_____	_____
Long Jump Relay	_____	_____	_____	_____	_____	_____
Triple Jump Relay	_____	_____	_____	_____	_____	_____
Pole Vault Relay	_____	_____	_____	_____	_____	_____

### Total Entries

- |                      |       |                  |   |       |
|----------------------|-------|------------------|---|-------|
| 1. Total Individuals | _____ | X \$ 8.00        | = | _____ |
| 2. Total relays      | _____ | X \$25.00        | = | _____ |
|                      |       | Total Entry Fee: | = | _____ |

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

**Checks Payable to:** Bergen Track & Field LLC  
(FED ID # 45-0600026)  
**Email:** [njbta@aol.com](mailto:njbta@aol.com)

**Entries close: Friday, April 18, 2025**