

# ***SEASON OPENER INVITATIONAL***

**SATURDAY, April 6, 2024**

**FIRST 30 Schools Only**

**Hackensack, New Jersey**

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Coaches,

The Bergen Track & Field is once again proud to announce their annual Season Opener Invitational will be held at **Hackensack High School's NEW** 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 6th,  
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: **March 29, 2024**
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](mailto:njbta@aol.com)**

# ***SEASON OPENER INVITATIONAL***

**April 6, 2024**  
**HACKENSACK, 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

# 2024 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	<b><u>Below 3</u></b>	<b><u>Person</u></b>	<b>XXXXX Below 2</b>	<b>XXXXX Person</b>	<b>XXXXX Relays</b>
Int. Hurdle relay					
Shot Put relay					<b>XXXXX</b>
Discus relay					<b>XXXXX</b>
Javelin relay					
High Jump relay					
Triple Jump relay					
Long Jump relay					

\_\_\_\_\_ # of relays X \$20.00 = \_\_\_\_\_

Total Entry \_\_\_\_\_

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