

**2017 Jack Yockers
Bergen County Relays**

DATES and TIMES

**WEDNESDAY, April 19 – Div. A & E – at Ridgewood MS –
Div. B at Mahwah H.S. field events start at 3:30**

**FRIDAY, April 21 – All divisions at River Dell High School – field events
start at 3:30, running at 4:00 PM**

**SATURDAY, April 22 – All divisions at River Dell High School – all events
start at 9:00 AM**

Meet Notes:

- 1. In order to enter the meet you MUST go to NJ Milesplit and enter your team rosters and enter at least 1 relay on the site. Your entire team roster will be given individual numbers which you will use like the NJSIAA meets. You STILL MUST turn your event card when called to the Clerks!!!**
- 2. The meet will be run in four divisions, two for boys and two for girls.(divisions A, B & E combined and divisions C, & D combined) It will be scored in ten divisions, divisions A, B, C, D, E, for boys and divisions A, B, C, D, E, for girls.**
- 3. The top six teams in each of the ten divisions will score. (10-8-6-4-2-1)**
- 4. Only the top six overall teams will receive medals.(ex: The top 6 teams among the A,B & E schools that compete together).**
- 5. Entry fee is \$25.00 per team. One team per school in each event.**
- 6. ¼ inch spikes may be worn. Bring your own starting blocks.**
- 7. ALL throwing implements must be approved by the weight master, before the meet.**
- 8. National federation rules regarding uniforms will be in effect.**
- 9. All field events athletes will have 3 trials, no finals.(pole vault and HJ excluded)**
- 10. In all field events, 3 athletes must be entered and all 3 must compete.**

AWARDS: Plaque to first place team in each division. Plaque to the winning coach in each Division & four outstanding athletic awards:

Steve Finlay Award	- Outstanding Field (Male)
Bernard Smith Award	- Outstanding Track (Male)
Dick Hitt Award	- Outstanding Field (Female)
Jacob Brown Award	- Outstanding Track (Female)

MAIL ENTRIES TO:

TOM ZACCONE (Questions, call Tom Zaccone at 201-529-8217
143 Mc INTOSH DRIVE or Brian Rodak at 973-831-2412)
MAHWAH NJ 07430

OR FAXED TO: 201-252-2060

ENTRIES CLOSE FRIDAY, APRIL 14

2017 JACK YOCKERS 2017
Bergen County Relays

SCHEDULE OF EVENTS

Wednesday, April 19, 2017 Mahwah & Ridgewood – 3:30PM

- | | | |
|-----------------|-----------|------------|
| 1. Boys & Girls | A & E - B | POLE VAULT |
| 2. Girls | A & E - B | HIGH JUMP |
| 3. Boys | A & E - B | DISCUS |
| 4. Girls | A & E - B | JAVELIN |

Friday, April 21, 2017 River Dell High School

TRACK: 4:00 pm BOYS FOLLOWED BY GIRLS- Div. A,B&E FOLLOWED BY C&D

1. 4:00 pm BOYS FOLLOWED BY GIRLS
3 X 400 Hurdles
2. 5:00 pm BOYS FOLLOWED BY GIRLS
800 Meter Relay
3. 5:30 pm BOYS FOLLOWED BY GIRLS
6400 Meter Relay

FIELD: 3:30 pm

1. High Jump BOYS DIVISIONS C&D
2. Javelin BOYS DIVISIONS A, B & E
3. Discus GIRLS DIVISIONS A, B & E
4. Pole Vault GIRLS DIVISIONS C & D
5. Shot BOYS DIVISION C & D
 GIRLS DIVISIONS C & D
6. High Jump & Pole Vault : Starting heights – Boys 5-0 Girls 4-0
 Boys – 9-0 – 6-0
7. Triple Jump : RUNWAY -1 :Boys Divisions A,B&E Followed by Boys
 Divisions C & D
 : RUNWAY- 2: two Girls Divisions C&D Followed by Girls
 Divisions A,B&E

JACK YOCKERS 2017

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Saturday, April 22, 2017 **River Dell High School**

TRACK: 9:00 am – BOYS FOLLOWED BY GIRLS- Div. A,B&E
FOLLOWED BY C&D

- | | | |
|----|----------|-------------------------------------|
| 1. | 9:00 am | Shuttle Hurdle |
| 2. | 9:30 am | 400 Relay |
| 3. | 10:00 am | Distance Medley (1200-400-800-1600) |
| 4. | 11:00 am | Sprint Medley (400-200-200-800) |
| 5. | 12:00 pm | 3200 M Relay |
| 6. | 12:55 pm | Frosh 1600 Relay |
| 7. | 1:20 pm | 1600 M Relay |

FIELD: 9:00 am

1. High Jump: #1 Girls Divisions C & D
2 Boys Divisions A,B & E
2. Shot Put: Boys Divisions A,B&E followed by Girls Divisions A,B&E
3. Long Jump: Runway one: Boys Division A, B &E Followed by Boys Division C&D
Runway two: Girls Division D & C Followed by Girls Division A,B&E
4. Discus: Girls Divisions C & D followed by Boys Divisions C&D
5. Javelin: Boys Divisions C&D followed by Girls Divisions C&D
6. Pole Vault: Boys Divisions C & D

BERGEN COUNTY TRACK QUARTILE - 2017

Division A

Bergen Tech
Hackensack
Ridgewood
Fair Lawn
No.Highlands
Teaneck
Old Tappan
Paramus
Pascack Valley
Bergenfield
Indian Hills

Division B

Tenafly
Cliffside Park
Dwight Morrow
Ramapo
Garfield
River Dell
Demarest
Ridgefield Park
Fort Lee
Mahwah
Lodi

Division C

Westwood
Pascack Hills
Ramsey
Rutherford
Glen Rock
Lyndhurst
Elmwood Park
New Milford
Hasbrouck Heights
Cresskill
Leonida
Elmwood Park

Division D

Ridgefield
Saddle Brook
North Arlington
Becton
Waldwick
Palisades Park
Emerson
Park Ridge
Bogota
Midland Park
Wood-Ridge
Wallington
Bergen Charter

Division E

Don Bosco
Bergen Catholic
St. Joes
Paramus Catholic
Queen of Peace
St. Mary's
IHA
Holy Angels
Dwight-Englewood
Immac Conception
Saddle River Day

**2017 JACK YOCKERS
BERGEN COUNTY RELAYS**

Check one: BOYS ENTRY: _____ GIRLS ENTRY _____

SCHOOL _____ **COACH** _____
School Phone _____ **Home Phone** _____ **Divison** _____

(Check events you are competing in)

EVENTS

400M. Relay _____
800M. Relay _____
1600M. Relay _____
3200M. Relay _____
6400M. Relay _____
Sprint Med. _____
Distance Med. _____
H. Hurd. Rel. _____
Int. Hurd.Rel. _____
Frosh 1600M. _____
Shot Put _____
Discus _____
Javelin _____
High Jump _____
Long Jump _____
Triple Jump _____
Pole Vault _____

Number of Relays Entered = _____ x \$25.00 = _____ (TOTAL ENTRY FEE)

Make Check Payable to : B C C A

**Mail Check and Entry to: Tom Zaccone
143 McIntosh Drive
Mahwah NJ 07430**

Or fax to: 201-252-2060

ATHLETIC DIRECTORS SIGNATURE: _____

(Must accompany this entry)