

Rams Relays

SATURDAY, APRIL 16, 2022

Ramsey, New Jersey

Coaches,

The Bergen Track & Field LLC is proud to announce the Rams Relays will be held at **Ramsey's High School's** 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 16th,
Meet Directors

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, but in Varsity events only one can be counted in the scoring of the meet.
5. **AWARDS:** Top **FIVE** in All Events. Top Team in All Divisions
6. Entry Fee: \$20.00 for all relays
7. Entries Due: April 8, 2022
8. Please bring pins and batons. **Pin Spikes Only**
9. **All field events will be 3-person, along with Int. hurdle relay(ALL DIVISIONS)**
10. **Only 1 Novice Boys & Girls Javelin, Shot & Disc Team per School**

Mail Entry To: Mike Glynn
19 East Lewis
Pearl River, NY 10965

Make Checks Payable To:
Bergen Track & Field LLC
(FED ID # 45-0600026)

Email Entry: mike@coachglynn.com

Questions email njbta@aol.com

Rams Relays

APRIL 16, 2022
Ramsey, NEW JERSEY

Order of Events

First Event 9:00 AM

- | | | |
|-----|------------------------------|----------------|
| 1. | Shuttle Hurdle Relay | FB,NB,VB,NG,VG |
| 2. | 6400 meter relay | VB,VG |
| 3. | 400 meter relay | FB,NB,VB,NG,VG |
| 4. | 3200 meter relay | FB,NB,NG, |
| 5. | 800 meter relay | FB,NB,VB,NG,VG |
| 6. | 3200 meter relay | VB,VG |
| 7. | Int. Hurdle Relay (3 person) | FB,NB,VB,NG,VG |
| 8. | Distance Medley | VB,VG, |
| 9. | Sprint Medley | FB,NB,VB,NG,VG |
| 10. | 1600 meter relay | FB,NB,VB,NG,VG |

Field Events (ALL DIVISIONS 3 man Teams)

- | | | |
|----|-------------|---------------------------------------|
| 1. | Pole Vault | VB,VG |
| 2. | High Jump | NG,VG,FB,NB,VB |
| 3. | Shot Put | #1 NB,VB,VG,NG,FB (1 Team per school) |
| 4. | Discus | #1 VB,VG,NB, NG (1 Team per school) |
| 5. | Javelin | VG,NG,VB,NB,FB (1 Team per school) |
| 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 4-10 Varsity Boys 5-2 – 5-6
 Novice Girls 4-0 Varsity Girls 4-2 – 4-6

Pole Vault: Boys – 9-0 – 10-0 then by 6 inches – Girls-7-0- then by 6 inches

In the High Jump and Pole Vault the **six jump** rule may be used.

All Field events will be 3-person

Sprint Medley Order: 400 – 200 – 200 - 800
Distance Medley Order 1200 - 400 – 800 – 1600

2022 Rams Entry Form

School _____

Coach _____ Home Phone _____

Events	Var.Boys	Var.Girls	Nov.Boys	Nov.Girls	Frosh Boys
400 meter relay					
800 meter relay					
1600 meter relay					
3200 meter relay					
<u>6400 meter relay</u>					
Distance Medley					
Sprint Medley					
Shuttle Hurdles					
Pole Vault relay	<u>Below 3</u>	<u>Person</u>	XXXXX Below 3	XXXXX Person	XXXXX Relays
Int. Hurdle relay					
Shot Put relay					
Discus relay					XXXXXX
Javelin relay					
High Jump relay					
Triple Jump relay					
Long Jump relay					

_____ # of relays X \$20.00 = _____

Total Entry = _____

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Entries Due: **April 8, 2022**