

NOVICE MEET

1. Entry fee - **\$7.00** per athlete, per event and **\$25.00** for the relay.
2. *Unlimited entries in all events.*
3. **Make checks payable to: Bergen Track & Field LLC**

SCHOOL _____ COACH _____ CELL _____

COACH EMAIL: _____

AD FAX # _____

BOYS

GIRLS

100m Dash _____

100, Dash _____

200m Dash _____

200m Dash _____

400m Dash _____

400m Dash _____

800m Run _____

800m Run _____

1600m Run _____

1600m Run _____

3200m Run _____

3200m Run _____

110m Hurd. _____

110m Hurd. _____

400m Hurd. _____

400m Hurd. _____

1600m Rel.(\$20.00) _____

1600m Rel.(\$20.00) _____

Shot Put _____

Shot Put _____

Discus _____

Discus _____

Javelin _____

Javelin _____

High Jump _____

High Jump _____

Long Jump _____

Long Jump _____

Triple Jump _____

Triple Jump _____

Pole Vault _____

Pole Vault _____

_____ # Individuals X \$7.00 = _____

_____ # Relays X \$25.00 = _____

TOTAL ENTRY _____

Email ENTRIES: Mike@coachglynn.com

**Mail Entry To: Mike Glynn
19 E. Lewis Ave
Pearl River, NY 10965**

Dear Coach:

These are the meet entries and order of events for the 29th annual **Novice Championship** to be held at **Hackensack High School** on **May 16, 2023**. The **starting time** of the meet will be **4:00 pm**.

Meet Information

1. Medals to the top 6 in all events.
2. Entry Fee: **\$7.00** per athlete per event, **\$25.00** for the relay.
3. **Make checks payable to: Bergen Track & Field LLC**
4. Definition of a novice: An athlete who has not won a varsity medal in an individual event. A varsity runner could be a novice in the field and vice-versa.
5. Field events: Three attempts – no finals.
6. Any questions, call Mike Glynn at 845-735-7514

Order of Events

4:00pm 400m. Int. Hurdles
 100m. Dash – Trials and Semis
 400m. Dash – Final
 1600m. Run
 110m. High Hurdles – Trials and Finals
 100m Dash – Finals
 800m. Run
 200m. Dash – Finals
 3200m. Run
 1600m. Relay

Field Events

High Jump	Girls followed by Boys
Pole Vault	Girls followed by Boys
Shot Put	Girls followed by Boys
Discus	Boys followed by Girls
Javelin	Boys followed by Girls
Long Jump	Boys followed by Girls
Triple Jump	Girls followed by Boys