

**2022**  
**JACK YOCKERS**  
**Bergen County Relays**

**DATES and TIMES**

**Wednesday, April 20th – Div. A, B & E – at Ben Franklin MS, Ridgewood 3:30pm**

**Friday, April 22 – All divisions at River Dell High School – field events start at 3:30,  
running at 4:00pm**

**Saturday, April 23<sup>rd</sup> – All divisions at River Dell High School – all events start at 9:00am**

**Meet Notes:**

- 1. In order to enter the meet, you MUST send in your paper entry AND go to NJMilesplit and register your team for this meet. You will have until midnight on Tuesday for the Wednesday relays and midnight on Thursday for the remainder of the event to update your entries for each relay.**
- 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 \$30.00 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:

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

**MAIL ENTRIES TO:           Lindsey Reggo  
310 Hamilton Ave.  
Hasbrouck Heights, NJ 07604**

**EMAIL ENTRY TO:           LReggo23@gmail.com**

(Questions, call Lindsey Reggo at 201-803-1796 or Mike Ryan at 551-404-8425)

**ENTRIES CLOSE FRIDAY, APRIL 15th**

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**SCHEDULE OF EVENTS**

**Wednesday, April 20, 2022:** @ Ben Franklin Middle School – 3:30pm

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

**Friday, April 22, 2022:** @ River Dell High School – Field Events 3:30  
Track Events 4:00

**TRACK: 4:00pm BOYS followed by GIRLS - Div. A, B & E followed by C & D**

1. 4:00 pm: 3 X 400 Hurdles - BOYS followed by GIRLS
2. 5:00 pm: 800 Meter Relay (4 x 200) - BOYS followed by GIRLS
3. 5:30 pm: 6400 Meter Relay (4 x 1600) – BOYS followed by GIRLS

**FIELD: 3:30 pm: ( 3 participants per relay )**

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 – HJ: Boys 5-0; Girls 4-0  
PV: Boys 9-0; Girls 6-0
7. Triple Jump: RUNWAY-1: Boys Divisions A, B & E followed by Boys Divisions C & D  
RUNWAY-2: Girls Divisions C & D followed by Girls Divisions A ,B & E

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**Saturday, April 23, 2022:** @ 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 400m Relay (4 x 100)
3. 10:00 am Distance Medley (1200-400-800-1600)
4. 11:00 am Sprint Medley (400-200-200-800)
5. 12:00 pm 3200m Relay (4 x 800)
6. 12:55 pm Frosh 1600m Relay (4 x 400)
7. 1:20 pm 1600m Relay (4 x 400)

**FIELD: 9:00 am**

1. High Jump: Girls Divisions C & D followed by 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 Div. C & D followed by Boys Div. A, B & E  
Runway two: Girls Div. A, B & E followed Girls Div. C & D
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 RELAYS MEET QUARTILE 2022

## Division A (11)

Bergen Tech	1,681
Hackensack	1,338
Ridgewood	1,340
Fair Lawn	1,159
No. Highlands	1,000
Ramapo	959
Bergenfield	921
Tenafly	919
Teaneck	905
Cliffside Pk.	895
Paramus	872

## Division B (12)

Garfield	860
Ft. Lee	859
Old Tappan	794
Pascack Valley	779
Dwight Morrow	762
River Dell	751
Demarest	721
Ridgefield Pk.	688
Mahwah	664
Indian Hills	658
Lodi	640
Leonida	634

## Division C (12)

Ramsey	632
Pascack Hills	628
Westwood	608
Dumont	579
Lyndhurst	571
Elmwood Park	567
Rutherford	549
Glen Rock	510
New Milford	450
Becton	444
Hasbrouck Hts.	416
North Arlington	396

## Division D (12)

Palisades Pk.	385
Cresskill	374
Ridgefield	368
Saddle Brook	362
Waldwick	348
Wallington	284
Wood-Ridge	284
Bogota	278
Bergen Charter	274
Park Ridge	265
Emerson	232
Midland Park	160

## Division E (10)

Don Bosco
Bergen Catholic
St. Joes
Paramus Catholic
St. Mary's
IHA
Holy Angels
Dwight-Englewood
ICHHS
Saddle River Day

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**ENTRY**

**SCHOOL** \_\_\_\_\_

**School Phone** \_\_\_\_\_

**BOYS COACH** \_\_\_\_\_

**Home Phone** \_\_\_\_\_

**GIRLS COACH** \_\_\_\_\_

**Home Phone** \_\_\_\_\_

**DIVISION** \_\_\_\_\_

**Check events you are competing in**  
(one boy and one girl relay per school)

**EVENTS**

	<b><u>BOYS</u></b>	<b><u>GIRLS</u></b>
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 \$30.00 = \_\_\_\_\_ (TOTAL ENTRY FEE)

Make Check Payable to: B C C A

Mail Check and Entry to: Lindsey Reggo  
310 Hamilton Ave.  
Hasbrouck Heights, NJ 07604

Email to: [LReggo23@gmail.com](mailto:LReggo23@gmail.com)