

**THE NORTHERN NEW JERSEY
SOPHOMORE INVITATIONAL TRACK AND FIELD
CHAMPIONSHIPS**

ALL Groups meet - Tuesday, May 19th

Dear Coach:

Enclosed are the entry form and order of events for the Boys and Girls Sophomore Track and Field Championships. We know from past interest that you have found this meet to be an asset to your program. The Meet will be held at **Ramsey High School's Track Site** located on Prospect Street in Ramsey.

The starting time of the meet will be 4:00 P.M. for all events.

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MEET INFORMATION

1. Awards: Top Six in each event - Team Trophy to Top Group I & Group II Team
Team Trophy to Top Group III & Group IV Team
2. Spikes – Pins allowed in all events – Javelin grass runway
3. Bring Batons and Pins
4. Entries Close: Wednesday, May 13, 2026
5. Pole Vault starting Heights Boys 9-0 then up by 6 inches
 Girls 7-0 then up by 6 inches
6. High Jump starting Heights Boys 5-0 then up by 2 inches
 Girls 4-0 then up by 2 inches

For the purposes of this meet, a sophomore will be defined as a student meeting regular N.J.S.I.A.A. eligibility requirements and who is:

1. In his/her first year of a three year high school; or
2. In his/her second year of a four-year high school.

Freshmen are not permitted in this meet

**Sophomore Championships
Ramsey High School
May 19, 2026**

ORDER OF EVENTS

4:00 PM 400 Meter Hurdles, boys followed by girls
 100 Meter Dash Trials and Semis (if Necessary)
 1600 Meter Run
 Boys 110 Meter High Hurdles Trials/Semis/Finals
 Girls 100 Meter High Hurdles Trials/Semis/Finals
 400 Meter Dash Final on Time
 100 Meter Dash Final
 800 Meter Run Final
 200 Meter Dash Final on Time
 3200 Meter Run
 1600 Meter Relay

FIELD EVENTS

4:00PM	Discus	Boys then Girls
	Shot	Girls then Boys
	Javelin	Open Runway until 5:15PM THEN FINALS
	High Jump	Girls then Boys
	Pole Vault	Boys then Girls
	Triple Jump	Open Pit 4:00PM -5:15PM THEN FINALS
	Long Jump	Open Pit 4:00PM -5:15PM THEN FINALS

Pole Vault starting Heights	Boys 9-0 then up by 6 inches Girls 7-0 then up by 6 inches
High Jump starting Heights	Boys 5-0 then up by 2 inches Girls 4-0 then up by 2 inches

THE NORTHERN NEW JERSEY SOPHOMORE INVITATIONAL
TRACK AND FIELD CHAMPIONSHIP
May 19, 2026

1. Unlimited entries in every event.
2. No names necessary, simply list the total number of athletes entered in each event.
3. Entry fees: \$8.00 per athlete per event; \$25.00 per relay team.

SCHOOL	GROUP	COACH
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SCHOOL PHONE	Cell #
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EVENT	BOYS	GIRLS
	NUMBER OF ENTRIES	

100 m.	_____	_____
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200 m.	_____	_____
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400 m.	_____	_____
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800 m.	_____	_____
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1600 m.	_____	_____
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3200 m.	_____	_____
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HIGH HURDLES	_____	_____
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INT. HURDLES	_____	_____
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1600 METER RELAY	_____	_____
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SHOT PUT	_____	_____
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DISCUS THROW	_____	_____
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JAVELIN THROW	_____	_____
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LONG JUMP	_____	_____
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TRIPLE JUMP	_____	_____
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HIGH JUMP	_____	_____
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POLE VAULT	_____	_____
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Total number of entries _____ X \$8.00 = \$ _____

Total number of entries _____ X \$25.00 = \$ _____

Total entry fee\$ _____

Mail entries to: Brian Rodak 361 N. Central Ave, Ramsey, NJ 07446

Make out checks to: **Bergen Track & Field LLC**
(FED. ID # 45-0600026)

Email: njbta@aol.com