

2026 BERGEN COUNTY INDOOR RELAYS CHAMPIONSHIPS

Meet Information

All Events

Date: Wednesday, January 21, 2026
Site: 168th Armory
Time: 5:15PM

Girl's Pole Vault will be held at Apex Vaulting Complex, 6 Evans St., Fairfield on Saturday, January 17th, @ 10 AM Opening height will be 6-0

FAT: You must enter your athletes names in EACH RELAY by Tuesday, 1/20/26 – The entire meet will have FAT timing.

Awards: Top six teams overall in each event.
First Place Team trophy in each division.

Scoring and Team Separation: The entire meet will be divided into three divisions. Non Public and two Public divisions based on enrollment. Scoring will be **six** places in each division (10-8-6-4-2-1) with medals going to the top **six** teams overall.

Misc. Info: You may enter only **ONE VARSITY** team in each relay.
The six jump rule will be in effect for the Pole Vault.
You must have 2 athletes check in for all field events!
Each Team must supply their own batons. Bring safety pins!

Entry Due: January 14, 2026

Make Checks Payable To: B.C.C.A.

Questions? email Brian Rodak njbta@aol.com

2026 BERGEN COUNTY INDOOR RELAY CHAMPIONSHIP

168 St. Armory, N.Y.C.

Wednesday, January 21, 2026

Order of Events

1.	Boys Shuttle Hurdle Relay	Long Jump – Boys and Girls
2.	Girls Shuttle Hurdle Relay	(90 minutes to jump)
3.	Boys 4 X 1600 Meter Relay	Triple Jump – follows long jump
4.	Girls 4 X 1600 Meter Relay	Boys and Girls
5.	Boys 800 Meter Relay	(90 minutes to jump)
6.	Girls 800 Meter Relay	Shot Put - Varsity Boys
7.	Boys 3200 Meter Relay	Varsity Girls
8.	Girls 3200 Meter Relay	High Jump – Girls start at 4-0 – 4-4
9.	Boys Sprint Medley	Boys start at 5-0 – 5-4
10.	Girls Sprint Medley	Pole Vault - Boys start at 8-0
11.	Boys Distance Medley	Pole Vault – Girls at Apex Vaulting
12.	Girls Distance Medley	On Saturday, January 17th Start at 6-0
13.	Boys Varsity 1600 Meter Relay	
14.	Girls Varsity 1600 Meter Relay	

Order of the Distance Medley 1200 – 400 – 800 – 1600

Order of the Sprint Medley 400 – 200 – 200 - 800

In all Field Event Relays – If one of the competitors fails to make a height or obtain a measured jump or throw - the entire relay team is disqualified from the event.

**YOU MUST ENTER YOUR ATHLETES NAMES IN EACH EVENT
ON MILEPLIT BY TUESDAY - JANUARY 20th**

BERGEN COUNTY INDOOR TRACK RELAYS ENTRY FORM:

168TH street Armory – Wednesday, January 21, 2026

School _____ Coach _____

Coach's Home Phone _____

Event	Var. Boys	Var. Girls	Names
4X1600 Meter Relay			Names _____ _____ _____ _____
seed time	_____	_____	
Shuttle Hurdle Relay			
800 Meter Relay			
Sprint Medley			
Distance Medley			
3200 Meter Relay			
1600 Meter Relay			
Shot Put Relay (2 man)			
High Jump Relay (2 man)			
Long Jump Relay (2 man)			
Triple Jump Relay (2 man)			
Pole Vault Relay (2 man)			

Entry Fee: _____ # of teams X \$35.00 = _____

Entries Due: January 14, 2026

Mail To: Brian Rodak
361 N. Central Ave
Ramsey, N.J. 07446

Make Checks Payable To: B.C.C.A.

Email: njbta@aol.com

Principal's Signature: _____

NEW INFIELD RULES

- 1. THERE WILL NO COACHES BY THE FINISH LINE AT ANYTIME DURING THE MEET** – If one of your coaches gets asked a second time to leave the area, your team running will be disqualified (DQ for not following an officials direction) or your team in the upcoming event will not be allowed to compete.
2. No coaches are to be on the **raised** long/triple jump areas. No one (coaches and athletes) are to be between the runway and the track while races are being run. (This allows the officials to see the runners)
3. There will be a coaching boxes set up:
 - A. Between the high jumps, blocked off by hurdles after the shuttle hurdles.
 - B. Behind the Pole Vault pit for girls high jump
 - C. Off the track near the wall for the long/triple jumps
4. **No BACKPACKS or BAGS** allowed on the infield at any time.
5. During the shuttle hurdles – Coaches may be on the track for the long jump
6. During the 6400 relay coaches may stand in a coach's box which is located before the finish line and between the long jump runway and the track.
7. In the Pole Vault – You athlete has to have cleared 7-0 (Girls) or 8-6 (Boys) prior to the meet to attempt the opening heights. This event is always a problem.

**Remember to enter your athlete's names on milesplit by
Tuesday, January 20th**