

TWIN BORO RELAYS

Ramsey, New Jersey

Dear Coach,

Here are the meet entry and information for the **Twin Boro Relays** to be held **Saturday, April 25th**, at Ramsey High School. Please read the enclosed information, and hope to see you at the meet.

Meet Information

Twin Boro Relays

Order of Events

9:00AM 800-meter relay – Novice Boys, Novice Girls, Var.Boys, Var.Girls
Distance Medley – Var. Boys, Var. Girls
Sprint Medley - Novice Boys, Novice Girls, Var.Boys, Var.Girls
Int. Hurdle Relay – Novice Boys, Var. Boys, Novice Girls, Var. Girls
1600 meter run – Frosh Boys, Frosh Girls, Novice Boys, Novice Girls
110-meter hurdles – Frosh Boys, Novice Boys, Var. Boys
100-meter hurdles – Frosh Girls, Novice Girls, Var.Girls
100-meter dash – Frosh Girls, Novice Girls, Var.Girls, Frosh Boys
Novice Boys, Var.Boys

THE TRIALS AND SEMI'S OF THE HURDLES AND DASH WILL BE RUN
SIMULTANEOUSLY ON BOTH STRAIGHTAWAYS

Field Events

9:00 AM Triple Jump – Var Boys, Var.Girls, Nov Boys, Nov Girls, Fr Boys, Fr Girls
Long Jump – Var. Girls, Var. Boys, Nov Girls, Nov Boys, Fr Girls, Fr Boys
Pole Vault – Var. Boys, Var. Girls
High Jump – Novice Girls, Var. Girls, Novice Boys, Var. Boys
Shot Put – Novice Boys, Var. Boys, Var. Girls, Novice Girls
Discus – Var. Boys, Var. Girls, Novice Girls, Novice Boys
Javelin – Var. Girls, Var. Boys, Novice Girls, Novice Boys

Twin Boro Relays Entry Form

School _____ Coach/cell # _____

Information:

1. Entry Fee: \$ 8.00 per athlete per event for individuals
\$25.00 per person relay
2. Check or school voucher should accompany this entry
3. **One Varsity** Team per relay event – unlimited in all others

	Var.Boys	Var.Girls	Nov.Boys	Nov.Girls	Frosh Boys	Frosh Girls
100-meter dash	_____	_____	_____	_____	_____	_____
High Hurdles	_____	_____	_____	_____	_____	_____
1600 meters	no varsity					
Int Hurdle Relay	_____	_____	_____	_____	(novice 2-person Int.)	
800-meter relay	_____	_____	_____	_____		
1600-meter relay	_____	_____	_____	_____		
3200-meter relay	_____	_____	_____	_____		
Sprint Medley	_____	_____	_____	_____		
Distance Medley	_____	_____	_____	_____		
	3-person		2-person			
Discus Relay	_____	_____	_____	_____		
Shot Relay	_____	_____	_____	_____		
Javelin Relay	_____	_____	_____	_____		
High Jump Relay	_____	_____	_____	_____		
Long Jump Relay	_____	_____	_____	_____	_____	_____
Triple Jump Relay	_____	_____	_____	_____	_____	_____
Pole Vault Relay	_____	_____	_____	_____	_____	_____

Total Entries

1. Total Individuals _____ X \$ 8.00 = _____

2. Total relays _____ X \$25.00 = _____

Total Entry Fee: _____ = _____

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

Checks Payable to: Bergen Track & Field LLC
(FED ID # 45-0600026)
Email: njbta@aol.com

Entries close: Friday, April 17, 2026