

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

1. Entry in the meet is limited to **Group I – II & III Schools**
2. Ramsey has an all weather track – PIN SPIKES ALLOWED!
3. There will be team championships in the following divisions.
Novice Boys – Novice Girls – Var.Boys – Var.Girls
4. Awards – Medals to top six in all events – all divisions.
-Trophy to winning team in Novice Divisions
-Trophy to the top Small & Large Varsity Divisions
5. Definition of Novice – An athlete who has never won an individual medal in a varsity event. An athlete **CAN NOT** compete in both varsity and novice running events nor varsity and novice field events or visa-versa. Freshmen can compete in all divisions.
6. Starting heights for all field events:
-High Jump - Novice Girls 4-0, Novice Boys 4-10
Varsity Girls 4-4, Varsity Boys 5-0
We reserve the right to use the six jump rule.

-Pole Vault - 8-6 for Boys – 6-6 for Girls
7. Entries Close Friday, April 18th . If you have any questions email Brian Rodak
njbta@aol.com
8. All Novice Field events and Int.Hurdle relays will be **2-person** – ALL Varsity
Field Event Relays are **3-person**

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

3200-meter relay – Var.Boys, Var.Girls
100-meter hurdle – Finals – Frosh Girls, Novice Girls, Var.Girls
110-meter hurdle – Final – Frosh Boys, Novice Boys, Var.Boys
100-meter dash – Final – Frosh Boys, Novice Boys, Var.Boys
Frosh Girls, Novice Girls, Var.Girls
3200-meter relay – Novice Boys, Novice Girls
1600-meter relay - Novice Boys, Novice Girls, Var.Boys, Var.Girls

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

	<u>Var.Boys</u>	<u>Var.Girls</u>	<u>Nov.Boys</u>	<u>Nov.Girls</u>	<u>Frosh Boys</u>	<u>Frosh Girls</u>
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