

Sophomore Championships
Ramsey High School
June 1, 2021

ORDER OF EVENTS

2:30 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

| | | |
|--------|-------------|--------------------------------------|
| 2:30PM | 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 9-6 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
June 1, 2021

1. Unlimited entries in every event.
2. No names necessary, simply list the total number of athletes entered in each event.
3. Entry fees: \$6.00 per athlete per event; \$20.00 per relay team.

SCHOOL **GROUP** **COACH**

SCHOOL PHONE **Cell #**

| <u>EVENT</u> | <u>BOYS</u> | <u>GIRLS</u> |
|---------------------|---------------------------------|---------------------|
| | <u>NUMBER OF ENTRIES</u> | |
| 100 m. | _____ | _____ |
| 200 m. | _____ | _____ |
| 400 m. | _____ | _____ |
| 800 m. | _____ | _____ |
| 1600 m. | _____ | _____ |
| 3200 m. | _____ | _____ |
| HIGH HURDLES | _____ | _____ |
| INT. HURDLES | _____ | _____ |
| ----- | | |
| 1600 METER RELAY | _____ | _____ |
| ----- | | |
| SHOT PUT | _____ | _____ |
| DISCUS THROW | _____ | _____ |
| JAVELIN THROW | _____ | _____ |
| LONG JUMP | _____ | _____ |
| TRIPLE JUMP | _____ | _____ |
| HIGH JUMP | _____ | _____ |
| POLE VAULT | _____ | _____ |

Total number of entries _____ X \$6.00 = \$ _____

Total number of entries _____ X \$20.00 = \$ _____

Total entry fee\$ _____

Mail entries to: **Brian Rodak 1 Adobe Drive, Wayne, NJ 07470**

Make out checks to: Bergen Track & Field LLC **Fax # (973) 907-2642**
(FED. ID # 45-0600026) **Email: njbta@aol.com**

Covid Track Meet Guidelines

NO SPECTATORS ALLOWED

Individuals

1. Everyone wears a mask unless competing
2. Athletes will wear a mask when checking in for their events
3. Please make every effort to social distance when not competing.

Teams

- 1. NO TENTS ALLOWED**
2. Teams are to keep to themselves (Team social distance)
3. Teams will bring their own equipment to be used by their school only

School Shutdowns

1. If the Host School shuts down because of a Covid outbreak, there is good chance that meet will be canceled

High Jump & Pole Vault Events may NOT occur if the new guidelines require too much time to complete