

2026 BERGEN COUNTY TRACK AND FIELD CHAMPIONSHIP

Dear Coach,

Enclosed are the entry form and meet information for the indoor county meet, to be held on **Wednesday, February 11th** at the 168th Street Armory.
This entry is due by February 4, 2026.

Thanks,

Meet Directors

All the Events will have FAT timing.

- 1. In order to enter the meet you MUST email your PAPER ENTRY in first – Then enter on Milesplit.**
2. Coaches Packets will contain bar coded Name/Team stickers for each athlete entered in an event on the oval. The 55 & 55H are pre-seeded and the athletes name will be posted on heat sheets. In the field events, the athlete's names are on official result sheets and the field athletes just need to check in at their event when called. There will be assigned flights in the Long, Triple Jumps & Shot Put.
3. **Entries Close Wednesday February 4th** – We will leave Milesplit opened until Tuesday Night, so you can adjust names, events etc.
4. The hurdles and the dash will be run on the INSIDE of the track while events are being run on the outside track.
5. The First Heat of All events will be small to help produce better performances.
6. You can enter 5 individuals in any running event. **(except 55 & 55HH unlimited and only one Varsity Relay).**
7. Please bring your own batons.
8. **In the Shot Put – We will take the top 30 throwers only**
In the Long & Triple Jump – We will take the top 30 only
In the Pole Vault - We will take the Top 15 only
9. Awards: **Six** deep in every event.
10. **SPIKES ALLOWED in ALL VARSITY EVENTS Per ARMORY STAFF.**
11. Please advise your athletes when crossing the track that there is a meet going on to avoid problems.

2026 BERGEN COUNTY CHAMPIONSHIPS

Order of Events

5:15 P.M. 3200 Meter Run (**Top 25 Entered**)
5:15 P.M. 55M. Hurd. And 55M Dash (In the infield)
600M Dash
(Boys before Girls in all running events) 400M. Dash
1000M. Run
200M Dash
1600M Run
800M Run
1600M. Relay-Frosh
1600M. Relay

The field events will start at **5:15 P.M.**

Shot Put – Varsity (Trials and finals), Boys first, then girls (**Top 30 throwers Only**)

High Jump – Boys, Girls, and Pentathlon (after hurdles/dash)

Opening heights to be determined (2025 – Boys 5-8, Girls 4-10)

Pole Vault – Opening height to be determined (2025 – Boys-11-0, Girls-9-0)

Boys first then Girls (**Top 15 vaulters Only**)

Long Jump (Boys first, then girls) (**Top 30 Jumpers**)

Triple Jump (Girls first, then boys) (**Top 30 Jumpers**)

Pentathlon Rotation – 55M. Hurdles (at the beginning of the meet)

Shot Put

High Jump

Long Jump

1000M.-Boys, 800M – Girls

YOU CAN ONLY ENTER 5 ATHLETES IN ANY RUNNING EVENT

Except 55 & 55HH -Unlimited

The All County vote meeting will be held on Wednesday, March 4th at River Dell High School, at 5:00 P.M. After Big North Pre-Season Meeting

SPIKES ALLOWED IN ALL VARSITY EVENTS!

Freshmen Rubber Sole Bottoms – No Plastic

BERGEN COUNTY INDOOR CHAMPIONSHIPS

1. Unlimited entries in all events except Long/Triple. **Only one Varsity Relay**
2. Entry fee - \$10.00 per athlete, per event, \$40.00 for the relays,
\$25.00 for the pentathlon.
3. Make check payable to B.C.C.A.
4. A check or school voucher should accompany this entry.

School _____

Coach _____ Cell # _____

Email _____

_____ X \$10.00 (individual events) = _____

_____ X \$25.00 (Pentathlon) = _____

_____ X \$40.00 per relay = _____

Total Entry = _____

Mail To: Tom Zaccone
143 McIntosh Drive
Mahwah, NJ 07430

Email: tomzaccone@yahoo.com

Coaches Check List

1. Email entry: tomzaccone@yahoo.com
2. Enter your athletes by **Tuesday, February 10th**
3. **ONLY 5 PER RUNNING EVENT except 55 & 55HH unlimited**
4. Check online - **Wednesday** for your athletes' **Heat/Lane/Flight** for 55 Hurdles, 55 Dash
5. Day of the meet, you will pick up your packet, containing the labels for your athletes that you entered on milesplit. Make sure your athletes check in on time