

**2026**  
**JACK YOCKERS**  
**Bergen County Relays**

**DATES and TIMES**

**Wednesday, April 15<sup>th</sup> – Div. A, B & E – at Hackensack HS 3:30**

**Friday, April 17<sup>th</sup> – All divisions at River Dell High School - Field Events start at 3:30  
- Running Events start at 4:00**

**Saturday, April 18<sup>th</sup> – All divisions at River Dell High School – all events start at 9:00**

**Meet Notes: PLEASE READ CAREFULLY.**

- 1. In order to enter the meet, you MUST send in your paper entry by Friday April 10<sup>th</sup> AND go to NJMilesplit and register your team for this meet. You will have until 3:00pm on Tuesday April 14 to update your entries on Milesplit for all relays. If you have to make a change, you can the day of the meet as long as your team and athletes have already been entered online. There will be no new entries the day of the meet.**
- 2. The meet will be run in four divisions, two for boys and two for girls. (divisions A – B – E combined and divisions C – D combined), EXCEPT FOR the 4 x 100. The 4 x 100 will be run by divisions. It will be scored in ten divisions, divisions A, B, C, D, E, for boys and divisions A, B, C, D, E, for girls.**
- 3. The top six teams in each of the ten divisions will score. (10-8-6-4-2-1)**
- 4. Only the top six overall teams will receive medals. (ex: The top 6 teams among the A – B – E schools that compete together. This is for all events).**
- 5. Entry fee is \$32.00 per team. One team per school in each event.**
- 6. ¼ inch spikes may be worn. Bring your own starting blocks.**
- 7. ALL throwing implements must be approved by the weight master before the meet.**
- 8. National federation rules regarding uniforms will be in effect.**
- 9. All field events athletes will have 3 trials, no finals. (pole vault and high jump excluded)**
- 10. In all field events, 3 athletes must be entered and all 3 must compete.**
- 11. 400m intermediate hurdles will be entered and seeded as an individual event. Points and medals will be awarded to 3-person teams based on total time. Heats will be run according to seed, not teams.**
- 12. High Jump/Pole Vault opening heights are listed. Progressions will be determined by meet management.**
- 13. Once the meet begins, everyone must be off the infield and remain off the infield.**

**AWARDS:** Plaque to first place team in each division. Plaque to the winning coach in each Division & four outstanding athletic awards:

**Steve Finlay Award - Outstanding Field (Male)**

**Dick Hitt Award - Outstanding Field (Female)**

**Bernard Smith Award - Outstanding Track (Male)**

**Jacob Brown Award - Outstanding Track (Female)**

MAIL ENTRIES TO:

**David Dorsey  
Becton Regional High School  
120 Paterson Ave.  
East Rutherford, NJ 07073**

**Email to: [ddorsey@bectonhs.org](mailto:ddorsey@bectonhs.org)**

**(Questions, call or text David Dorsey at 201-221-6996 or Mike Ryan at 551-404-8425)**

ENTRIES CLOSE FRIDAY, APRIL 10<sup>th</sup>

**2026**

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**SCHEDULE OF EVENTS**

**Wednesday, April 15, 2026: @ Hackensack High School – 3:30**

- |          |           |            |
|----------|-----------|------------|
| 1. Boys  | A – B – E | Discus     |
| 2. Girls | A – B – E | Javelin    |
| 3. Girls | A – B – E | High Jump  |
| 4. Boys  | A – B – E | Pole Vault |

**Starting Heights – HJ: Girls 4-0; Boys 5-0 – Progressions to be determined by meet management**

**PV: Girls 6-0; Boys 9-0 – Progressions to be determined by meet management**

**Friday, April 17, 2026: @ River Dell High School - Field Events start at 3:30**  
**- Track Events start at 4:00**

**TRACK: 4:00 BOYS followed by GIRLS - Div. A – B – E followed by C – D**

1. 4:00 pm: 3 X 400 Hurdles – Boys followed by Girls (See #11 in the meet notes)
2. 4:45 pm: 6400 Meter Relay (4 x 1600) – Boys followed by Girls
3. 6:30 pm: 800 Meter Relay (4 x 200) - Boys followed by Girls

**FIELD: 3:30: ( 3 participants per relay )**

- |               |  |
|---------------|--|
| 1. Shot       | Boys Division C – D followed by Girls Division C – D |
| 2. Javelin    | Boys Division A – B – E                              |
| 3. Discus     | Girls Division A – B – E                             |
| 4. Pole Vault | Girls Division A – B – E                             |
| 5. High Jump  | Boys Division C – D                                  |

**Starting Heights – HJ: Girls 4-0; Boys 5-0 – Progressions to be determined by meet management**

**PV: Girls 6-0; Boys 9-0 – Progressions to be determined by meet management**

6. Triple Jump: Runway #1: Boys Divisions A – B – E followed by Boys Divisions C – D  
Runway #2: Girls Divisions C – D followed by Girls Divisions A – B – E

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**Saturday, April 18, 2026: @ River Dell High School**

**TRACK: 9:00 – BOYS followed by GIRLS - Div. A – B – E followed by C – D**

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1. 9:00 am Distance Medley (1200-400-800-1600)
2. 10:00 am Shuttle Hurdles
3. 10:30 am 400m Relay (4 x 100)
4. 11:00 am Sprint Medley (200-200-400-800)
5. 12:00 pm 3200m Relay (4 x 800)
6. 12:55 pm Frosh 1600m Relay (4 x 400)
7. 1:20 pm 1600m Relay (4 x 400)

**FIELD: 9:00**

1. Shot Put: Boys Divisions A – B – E followed by Girls Divisions A – B – E
2. Discus: Girls Divisions C – D followed by Boys Divisions C – D
3. Javelin: Boys Divisions C – D followed by Girls Divisions C – D
4. Pole Vault: Boy Division C – D followed by Girls Divisions C – D
5. High Jump: Girls Divisions C – D followed by Boys A – B – E  
**Starting Heights – HJ: Girls 4-0; Boys 5-0 – Progressions to be determined by meet management**  
PV: Girls 6-0; Boys 9-0 – Progressions to be determined by meet management
6. Long Jump: Runway #1: Boys Div. C – D followed by Boys Div. A – B – E  
Runway #2: Girls Div. A – B – E followed Girls Div. C – D

**BERGEN COUNTY TRACK RELAY / GROUP CHAMPIONSHIPS  
MEET QUARTILE  
2026**

**Division A (11)**

Bergen Tech	1,659
Ridgewood	1,317
Hackensack	1,315
Fair Lawn	1,228
Cliffside Park	987
Teaneck	956
No. Highlands	946
Garfield	943
Bergenfield	898
Ramapo	893
Fort Lee	884

**Division B (12)**

Tenaflly	872
Dwight Morrow	818
Paramus	810
Old Tappan	804
River Dell	788
Demarest	767
Ridgefield Pk.	764
Pascack Valley	716
Lodi	654
Mahwah	646
Elmwood Park	634
Becton	629

**Division C (12)**

Lyndhurst	628
Leonia	605
Westwood	582
Ramsey	576
Dumont	576
Glen Rock	566
Pascack Hills	548
Rutherford	540
Indian Hills	484
North Arlington	468
New Milford	436
Saddle Brook	406

**Division D (12)**

Ridgefield	389
Palisades Park	377
Cresskill	373
Hasbrouck Hts.	370
Waldwick	328
Bergen Charter	302
Wallington	283
Wood-Ridge	278
Bogota	276
Park Ridge	254
Emerson	208
Midland Park	162

**Division E (9)**

Don Bosco
Bergen Catholic
St. Joes
Paramus Catholic
St. Mary's
IHA
Holy Angels
Dwight-Englewood
Saddle River Day

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**ENTRY**

**SCHOOL** \_\_\_\_\_ **School Phone** \_\_\_\_\_  
**BOYS COACH** \_\_\_\_\_ **Home Phone** \_\_\_\_\_  
**GIRLS COACH** \_\_\_\_\_ **Home Phone** \_\_\_\_\_

**DIVISION** \_\_\_\_\_

**Check events you are competing in**  
(one boy and one girl relay per school; except frosh 4 x 400 relay – unlimited)

**EVENTS**

	<b><u>BOYS</u></b>	<b><u>GIRLS</u></b>	
400m Relay	_____	_____	(4 x 100)
800m Relay	_____	_____	(4 x 200)
1600m Relay	_____	_____	(4 x 400)
3200m Relay	_____	_____	(4 x 800)
6400m Relay	_____	_____	(4 x 1600)
Sprint Med.	_____	_____	(200-200-400-800)
Distance Med.	_____	_____	(1200-400-800-1600)
H. Hurd. Rel.	_____	_____	
Int. Hurd. Rel.	_____	_____	
Frosh 1600m Relay	_____	_____	(Unlimited)
Shot Put	_____	_____	
Discus	_____	_____	
Javelin	_____	_____	
High Jump	_____	_____	
Long Jump	_____	_____	
Triple Jump	_____	_____	
Pole Vault	_____	_____	

Number of Relays Entered = \_\_\_\_\_ x \$32.00 = \_\_\_\_\_ (TOTAL ENTRY FEE)

**Make Check Payable to: B. C. C. A.**

**Mail Check and Entry to:** David Dorsey  
Becton Regional High School  
120 Paterson Ave.  
East Rutherford, NJ 07073

-Email to: [ddorsey@bectonhs.org](mailto:ddorsey@bectonhs.org)