

# Tom Zaccone Invitational Meet

Friday, JANUARY 3, 2025                      4:30 P.M.

Rockland Community College, Suffern NY

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## **\*\*IMPORTANT MEET INFORMATION\*\***

1. The hurdles and dash will be run on the inside of the track.
2. A NOVICE athlete is one who has not won a VARSITY individual medal in Indoor or Outdoor Track. All individual winners of novice competitions should be moved up to the open division for the next meet. (Let's make the Novice Competition better)
3. You can enter as many individuals and relay teams (**except Varsity – 1 team only**) as you wish. Please bring your own batons and pins.
4. Awards: Six deep in every event.
5. RCC'S Track is a rubber surface (**NO SPIKES or PLASTIC BOTTOMS**) – Track is 250 meters.
6. Please advise your athletes when crossing the track that there is a meet going on to avoid problems.
7. Please be advised that this is an entry fee, not a participation fee. Entry fee must be paid regardless of participation since we turn schools away for this meet.
8. In the High Jump – The bar will be raised by 3 inches at a time – 6 Jump rule may be used.
9. In the Shot Put, Long Jump and Triple Jump (**3 attempts – NO FINALS**)  
Shot Put #2 will start after the hurdles and dash on infield

Questions? – call Brian Rodak                      email [njbta@aol.com](mailto:njbta@aol.com)

**Entries Due: December 27, 2024**

# TOM ZACCONE INVITATIONAL

Friday, January 3, 2025

Rockland Community College – 4:30 P.M

## Order of events:

|     |               |                  |                           |                            |               |
|-----|---------------|------------------|---------------------------|----------------------------|---------------|
| 1.  | Varsity Boys  | 3200 meter relay | 1.                        | Frosh Girls                | 55 meter dash |
| 2.  | Varsity Girls | 3200 meter relay | 2.                        | Novice Girls               | 55 meter dash |
| 3.  | Novice Boys   | 3200 meter relay | 3.                        | Varsity Girls              | 55 meter dash |
| 4.  | Frosh Boys    | 3200 meter relay | 4.                        | Frosh Boys                 | 55 meter dash |
| 5.  | Novice Girls  | 3200 meter relay | 5.                        | Novice Boys                | 55 meter dash |
| 6.  | Frosh Girls   | 3200 meter relay | 6.                        | Varsity Boys               | 55 meter dash |
| 7.  | Varsity Boys  | 600 meter dash   |                           |                            |               |
| 8.  | Varsity Girls | 600 meter dash   |                           |                            |               |
| 9.  | Novice Boys   | 600 meter dash   | 1                         | Frosh Boys                 | 55 Hurdles    |
| 10. | Novice Girls  | 600 meter dash   | 2.                        | Novice Boys                | 55 Hurdles    |
| 11. | Frosh Boys    | 600 meter dash   | 3.                        | Varsity Boys               | 55 Hurdles    |
| 12. | Frosh Girls   | 600 meter dash   | 4.                        | Frosh Girls                | 55 Hurdles    |
| 13. | Varsity Boys  | 800 meter relay  | 5.                        | Novice Girls               | 55 Hurdles    |
| 14. | Varsity Girls | 800 meter relay  | 6.                        | Varsity Girls              | 55 Hurdles    |
| 15. | Novice Boys   | 800 meter relay  |                           |                            |               |
| 16. | Novice Girls  | 800 meter relay  | <b><u>Shot Put #1</u></b> | <b><u>Shot Put # 2</u></b> |               |
| 17. | Frosh Boys    | 800 meter relay  | Varsity Girls             | Varsity Boys               |               |
| 18. | Frosh Girls   | 800 meter relay  | Novice Girls              | Novice Boys                |               |
| 19  | Varsity Boys  | 1600 meter run   | Frosh Girls               |                            |               |
| 20  | Varsity Girls | 1600 meter run   | Frosh Boys                |                            |               |
| 21  | Varsity Boys  | 200 meter dash   |                           |                            |               |
| 22. | Varsity Girls | 200 meter dash   | <b><u>Long Jump</u></b>   | <b><u>Triple Jump</u></b>  |               |
| 23. | Novice Boys   | 200 meter dash   | Varsity Boys              | Varsity Girls              |               |
| 24. | Novice Girls  | 200 meter dash   | Varsity Girls             | Varsity Boys               |               |
| 25. | Frosh Boys    | 200 meter dash   | Novice Boys               | Novice Girls               |               |
| 26. | Frosh Girls   | 200 meter dash   | Novice Girls              | Novice Boys                |               |
| 27. | Varsity Boys  | 1000 meter run   | Frosh Boys                |                            |               |
| 28. | Varsity Girls | 1000 meter run   | Frosh Girls               |                            |               |
| 29. | Novice Boys   | 1000 meter run   |                           |                            |               |
| 30. | Novice Girls  | 1000 meter run   | <b><u>High Jump</u></b>   | <b><u>Pole Vault</u></b>   |               |
| 31. | Frosh Boys    | 1000 meter run   | Girls (N&V)               | Varsity Girls              |               |
| 32. | Frosh Girls   | 1000 meter run   | Start at 4-0              | Start at 6-0- 7-0          |               |
| 33. | Varsity Boys  | 1600 meter relay |                           |                            |               |
| 34. | Varsity Girls | 1600 meter relay | Boys (N & V)              | Varsity Boys               |               |
| 35. | Novice Boys   | 1600 meter relay | Start at 4-6              | Start at 8-6 – 9-6         |               |
| 36. | Novice Girls  | 1600 meter relay |                           |                            |               |
| 37. | Frosh Boys    | 1600 meter relay |                           |                            |               |
| 38. | Frosh Girls   | 1600 meter relay |                           |                            |               |

**2025 Tom Zaccone Invitational Meet Entry Form:**

**1/03/25**

School \_\_\_\_\_

Coach \_\_\_\_\_ Cell Phone \_\_\_\_\_

AD's Fax Number \_\_\_\_\_

Do NOT enter the names on the entry blank, simply the number of entries in each event. Unlimited entries in every event. **(Except Varsity Relays-1 team only)**

| Event            | Open Boys | Open Girls | Novice Boys | Novice Girls | Frosh Boys | FroshGirls |
|------------------|-----------|------------|-------------|--------------|------------|------------|
| 55 meter hurdles |           |            |             |              |            |            |
| 55 meter dash    |           |            |             |              |            |            |
| 200 meter dash   |           |            |             |              |            |            |
| 600 meter dash   |           |            |             |              |            |            |
| 1000 meter run   |           |            |             |              |            |            |
| 1600 meter run   |           |            |             |              |            |            |
| 800 meter relay  |           |            |             |              |            |            |
| 1600 meter relay |           |            |             |              |            |            |
| 3200 meter relay |           |            |             |              |            |            |
| Shot Put         |           |            |             |              |            |            |
| Long Jump        |           |            |             |              |            |            |
| Triple Jump      |           |            |             |              | XXXXX      | XXXXXX     |
| High Jump        |           |            |             |              | XXXXX      | XXXXXX     |
| Pole Vault       |           |            | XXXXXXXXX   | XXXXXX       | XXXXX      | XXXXXX     |

Entries Close: **December 27, 2024**

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

\_\_\_\_\_ X \$8.00 (individual per event) = \_\_\_\_\_

\_\_\_\_\_ X \$30.00 per relay = \_\_\_\_\_

**Total Entry** = \_\_\_\_\_

**Email:** njbta@aol.com

Make Checks Payable to: **Bergen Track & Field LLC**

**Cards** will be provided – You **MAY NOT** use your own cards!!