

**THE JOHN GALLIONE MEMORIAL BERGEN COUNTY  
FRESHMAN TRACK AND FIELD CHAMPIONSHIP**

Dear Coach:

Enclosed are the entry form and meet information for the **56<sup>th</sup>** Annual Bergen County Freshman Track Championships to be held at **Hackensack High School** on **Wed. May 14, 2025**. The meet is named "The John Gallione Bergen County Freshman Track and Field Championships" to honor John Gallione, long time track coach, official and participant in track in Bergen County.

The starting time for the meet will be 4:00pm. Hope to see you on the 14th .

Regards,  
Tom Zaccone  
Meet Director

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**Meet Information**

1. Awards
  - a. Medals to the top 6 in all events, both divisions.
  - b. Trophy to the top runner and the top field event performer at the meet.
  - c. Team trophy to the top Group 1 and 2 and the top Group 3 and 4 school.
  - d. Trials and finals in all field events.
  
2. **Entries must be received by May 7, 2025.** If you have any questions, call Tom Zaccone at 201-529-8217.

**Order of Events**

4:00pm	400 Int. Hurd. 100m Dash – trials and semis 400m Dash – Final 1600m Run 110m High Hurd. – Trials and finals 100m Dash – Finals 800m Run (Groups 1 & 2 first, then 3 & 4) 200m Dash – Final 3200m Run 1600m Relay
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**JOHN GALLIONE FRESHMEN COUNTY CHAMPIONSHIPS  
ENTRY FORM – FROSH COUNTY MEET – BOYS**

Information:

1. The entry fee for this meet will be **\$7.00 per athlete, per event**, and **\$25.00 for the relay**.
2. Entry fee or school voucher must accompany this entry.
3. Make check payable to: **Bergen Track & Field LLC**



School \_\_\_\_\_ Coach \_\_\_\_\_ Tel.# \_\_\_\_\_  
(cell)

Tel.# \_\_\_\_\_  
(school)

Group \_\_\_\_\_

**EVENT**

100M Dash \_\_\_\_\_

Shot Put \_\_\_\_\_

200M Dash \_\_\_\_\_

Discus \_\_\_\_\_

400M Dash \_\_\_\_\_

Javelin \_\_\_\_\_

800M Run \_\_\_\_\_

High Jump \_\_\_\_\_

1600M Run \_\_\_\_\_

Long Jump \_\_\_\_\_

3200M Run \_\_\_\_\_

Trip. Jump \_\_\_\_\_

High Hurd. \_\_\_\_\_

Pole Vault \_\_\_\_\_

Int. Hurd. \_\_\_\_\_

1600M Rel. \_\_\_\_\_

Unlimited entries in all events.

**Total entry fee** \_\_\_\_\_

**Entries close May 7, 2025**

Mail entry to: Tom Zaccone  
143 McIntosh Road  
Mahwah, NJ 07430

Checks Payable To: **Bergen Track & Field LLC**  
(FED ID # 45—0600026)  
**Email: [Tomzaccone@yahoo.com](mailto:Tomzaccone@yahoo.com)**