

Sophomore Championships
Ramsey High School
May 20, 2025

ORDER OF EVENTS

4:00 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

4:00PM	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 9-0 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
May 20, 2025

1. Unlimited entries in every event.
2. No names necessary, simply list the total number of athletes entered in each event.
3. Entry fees: \$8.00 per athlete per event; \$25.00 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 \$7.00 = \$ _____

Total number of entries _____ X \$25.00 = \$ _____

Total entry fee\$ _____

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

Make out checks to: Bergen Track & Field LLC
 (FED. ID # 45-0600026)

Email: njbta@aol.com