

## **Coaches:**

**We are putting on an Outdoor Winter Track Meet at Ramapo High School.**

**The date of the meet will also be slightly flexible to allow for the weather.**

- 1. Friday, December 13<sup>th</sup> 4PM**
- 2. Saturday, December 14<sup>th</sup> 11AM**

**We will select the day of the meet 2-3 days before**

**Thank you**

**Our goal is to have a 2 hour meet**

**Entries will be restricted and be on a first come/first entered basis**

## **Ramapo Outdoor/Winter Track Series**

### **Order of events**

<b>4 X 800 Relay</b>	<b>VB – VG – NB – NG</b>
<b>55 meter hurdles</b>	<b>VB – NB – FB – VG – NG – FG</b>
<b>55 meter dash</b>	<b>VB – VG – NB – NG – FB – FG</b>
<b>4 X 200 relay</b>	<b>VB – VG – NB – NG – FB - FG</b>
<b>800 meter run</b>	<b>NB – NG – FB – FG</b>
<b>1600 meter run</b>	<b>VB – VG (5 per school max)</b>
<b>4 X 400 relay</b>	<b>VB – VG – NB – NG</b>
<b>Shot Put</b>	<b>VB – VG – NB – NG (3 Throws)</b>

# Ramapo Outdoor/Winter Track Series

Friday, December 13 or Saturday, December 14, 2024

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**This will be a very limited meet to assure only a 2 ½ hour meet – Email your paperwork**

1. **# 1 Entries Close Friday, December 6th** – The Meet may close before that date if it has reached it's school capacity.
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 (**only one Varsity**) as you wish. Please bring your own batons.
4. In the Shot Put ( Indoor Shots) – we will do Varsity First – then Novice until the running events have concluded.
5. Awards: **Five** deep in every event.

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

# Ramapo Outdoor/Winter Track Meet

Ramapo High School, Franklin Lakes, NJ

## ENTRY FORM:

School \_\_\_\_\_

School Address \_\_\_\_\_

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

E-Mail \_\_\_\_\_

A.D.'s Fax Number \_\_\_\_\_

Entries Close: **December 6, 2024**

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

Individuals \_\_\_\_\_ X \$7.00 = \_\_\_\_\_

Relays \_\_\_\_\_ X \$25.00 = \_\_\_\_\_

**Total School Entry** \_\_\_\_\_

**Email:** [njbta@aol.com](mailto:njbta@aol.com)

Make Checks Payable to: **Bergen Track & Field LLC (Fed # 45-0600026)**