

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. Thursday, December 11th 4PM**
- 2. Wednesday, December 10th 4PM**

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

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

Ramapo Outdoor/Winter Track Series

Thursday, December 11 or Wednesday, December 10, 2025

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

1. **# 1 Entries Close Friday, December 5th** – 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: **Three** deep in every event.

Questions? – email Brian Rodak 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 \$30.00 = _____

Total School Entry _____

Email: njbta@aol.com

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