

2010 BERGEN COUNTY INDOOR RELAYS CHAMPIONSHIPS

Meet Information

All Events

Date: Wednesday, January 27, 2010

Site: 168th Armory

Time: 5:00PM – first event

Awards: Top six teams overall in each event.
First Place Team trophy in each division.

Scoring and Team Separation: The entire meet will be divided into two divisions based on enrollment. Scoring will be **six** places in each division (10-8-6-4-2-1) with medals going to the top **six** teams overall.

Seeding: Seeding of all events will be done the evening of the meet except the 4 X 1600 relay. Only 7 teams in each division will be accepted to run in the 4X1600 relay. You must enter a seed time on your entry. You will be notified by phone on Monday, January 25, 2010 if your team is **not** accepted.

Misc. Info: You may enter only **ONE VARSITY** team in each relay.
The six jump rule may be in effect for the high jump.
You must have 2 athletes check in for all field events!
Each Team must supply their own batons. Bring safety pins!

Entry Due: January 20, 2010

Make Checks Payable To: B.C.C.A.

Questions? Call Brian Rodak (973) 831-2412 in the evening.

2010 BERGEN COUNTY INDOOR RELAY CHAMPIONSHIP

168 St. Armory, N.Y.C.

Wednesday, January 27, 2010

Order of Events

- | | | |
|-----|--------------------------------|---------------------------------|
| 1. | Boys Shuttle Hurdle Relay | Long Jump – Boys and Girls |
| 2. | Girls Shuttle Hurdle Relay | (90 minutes to jump) |
| 3. | Boys 4 X 1600 Meter Relay | Triple Jump – follows long jump |
| 4. | Girls 4 X 1600 Meter Relay | Boys and Girls |
| 5. | Boys 800 Meter Relay | (90 minutes to jump) |
| 6. | Girls 800 Meter Relay | Shot Put - Varsity Boys |
| 7. | Boys 3200 Meter Relay | Varsity Girls |
| 8. | Girls 3200 Meter Relay | |
| 9. | Boys Sprint Medley | High Jump – Girls start at 4-0 |
| 10. | Girls Sprint Medley | Boys start at 5-0 |
| 11. | Boys Distance Medley | |
| 12. | Girls Distance Medley | |
| 13. | Boys Varsity 1600 Meter Relay | Pole Vault – Boys 9-0, 10-6 |
| 14. | Girls Varsity 1600 Meter Relay | Girls 6-0, 7-6 |

Order of the Distance Medley 1200 – 400 – 800 – 1600

Order of the Sprint Medley 400 – 200 – 200 - 800

In all Field Event Relays – If one of the competitors fails to make a height or obtain a measured jump or throw - the entire relay team is disqualified from the event.

BERGEN COUNTY INDOOR TRACK RELAYS ENTRY FORM:

168TH street Armory – Wednesday, January 27, 2010

School _____ Coach _____

Coach's Home Phone _____

Event	Var. Boys	Var. Girls	Names _____
4X1600 Meter Relay			_____
seed time	_____	_____	_____
Shuttle Hurdle Relay			_____
800 Meter Relay			
Sprint Medley			
Distance Medley			
3200 Meter Relay			
1600 Meter Relay			
Shot Put Relay (2 man)			
High Jump Relay (2 man)			
Long Jump Relay (2 man)			
Triple Jump Relay (2 man)			
Pole Vault Relay (2 man)			

Entry Fee: _____ # of teams X \$20.00 = _____

Entries Due: January 20, 2010

Mail To: Brian Rodak
1 Adobe Drive
Wayne, N.J. 07470

Make Checks Payable To: B.C.C.A.

Principal's Signature: _____

Fax # (973) 907-2642
NO COVER PAGE

2009 Team Divisions

Division A

Bergen Tech
Don Bosco
Ridgewood
IHA
Paramus Catholic
Hackensack
Fair Lawn
Bergen Catholic
Teaneck
Paramus
Old Tappan
No. Highlands
Ramapo
Demarest
Bergenfield
Holy Angels
Tenafly
Pascack Valley
Fort Lee
Garfield
Dwight Morrow
Indian Hills
River Dell

Division B

St- Joes
Mahwah
Cliffside Park
Ramsey
Dumont
Ridgefield Park
Rutherford
Pascack Hills
Glen Rock
Westwood
New Milford
Queen of Peace
Ridgefield
Saddle Brook
Dwight-Englewood
Waldwick
Hasbrouck Heights
Wood-Ridge
Palisades park
Park Ridge
Midland Park
Saddle River Day