

NORTH JERSEY TRACK AND FIELD CHAMPIONSHIP

Dear Coach,

Enclosed is the entry form and order of events for the annual North Jersey Track and Field Championship Meet. Please read it carefully, and hope to see you at our meet.

Regards,
Meet Directors

Meet Information

1. Date: **Monday, January 11, 2010** Place: **F.D.U. Field House**
Time: **4:30 P.M. (enter building at 4:00 P.M.) NO SPIKES!!**
2. It is a team championship meet open to boys and girls teams. Team scoring and awards will be six places deep. Team points will be awards on a 10-8-6-4-2-1 basis.
3. There will be 4 team championship trophies awarded at the meet. Division A and B for both boys and girls. The A division will be the 15 larger schools at the meet, and the B division, the 15 smaller schools in the meet. Both divisions compete together.
4. Entry fee for the meet is \$7.00 per athlete, per event, and \$20.00 per relay.
5. Order of events – 4:30 P.M. – 55 m. Hurdles – Boys – Trials – Semi’s - Finals
4:30 P.M. – 55 m. Dash – Girls – Trials and Semi’s
55 m. Hurdles – Girls – Trials – Semi’s – Finals
55 m. Dash – Boys – Trials – Semi’s
55 m. Dash Finals – Girls – Boys
3200 meter run – Boys and Girls – one heat of each, put a seed time on your entry. Runners not accepted will be placed in the 1600 meters.

(Any questions, call Tom Zaccone at (201) 529-8217)

3200 Relay – Boys and Girls
600 meter run – Boys and Girls
1000 meter run – Boys and Girls
300 meter dash – Boys and Girls
1600 meter run – Boys and Girls
1600 meter relay – Boys and Girls

6. Entries Close on **Wednesday, January 6, 2010**

NORTH JERSEY TRACK AND FIELD CHAMPIONSHIP ENTRY FORM

1. Unlimited entry in all events.
2. **\$7.00** per athlete, per event, **\$20.00** per relay team
3. Put only the number of athletes in each event on this entry form
For the 3200 meters give a name and time

School _____

Coach _____ Coach's Home Phone _____

	<u>Boys</u>	<u>Girls</u>
55 meter dash	_____	_____
55 meter hurdles	_____	_____
300 meter dash	_____	_____
600 meter dash	_____	_____
1000 meter run	_____	_____
1600 meter run	_____	_____
3200 meter run	_____	_____
	_____	_____
	_____	_____
1600 meter relay	_____	_____
3200 meter relay	_____	_____

Total Entry Fee Enclosed _____

Make Checks Payable To: **North Jersey Championship**

Entries due: Wednesday, January 6, 2010

Mail to: Tom Zaccone
143 McIntosh Dr.
Mahwah, NJ 07430

Fax # (973) 907-2642 (NO Cover Sheets)