

**2019 Jack Yockers
Bergen County Relays**

DATES and TIMES

**WEDNESDAY, April 10 – Div. A & E – at Ridgewood MS –
Div. B at Mahwah H.S. field events start at 3:30**

**FRIDAY, April 12 – All divisions at River Dell High School – field events
start at 3:30, running at 4:00 PM**

**SATURDAY, April 13 – All divisions at River Dell High School – all events
start at 9:00 AM**

Meet Notes:

1. In order to enter the meet you **MUST** go to NJ Milesplit and enter **ALL** your athletes that are going to compete in the meet. You will get a comp. # for each athlete. You **STILL MUST** turn your event card **WITH** the **COMP #** on them, when called by the Clerks!!!
2. The meet will be run in four divisions, two for boys and two for girls.(divisions A, B & E combined and divisions C, & D combined) It will be scored in ten divisions, divisions A, B, C, D, E, for boys and divisions A, B, C, D, E, for girls.
3. The top six teams in each of the ten divisions will score. (10-8-6-4-2-1)
4. Only the top six overall teams will receive medals.(ex: The top 6 teams among the A,B & E schools that compete together).
5. Entry fee is \$25.00 per team. One team per school in each event.
6. ¼ inch spikes may be worn. Bring your own starting blocks.
7. **ALL** throwing implements must be approved by the weight master, before the meet.
8. National federation rules regarding uniforms will be in effect.
9. All field events athletes will have 3 trials, no finals.(pole vault and HJ excluded)
10. In all field events, 3 athletes must be entered and all 3 must compete.

AWARDS: Plaque to first place team in each division. Plaque to the winning coach in each Division & four outstanding athletic awards:

Steve Finlay Award	- Outstanding Field (Male)
Bernard Smith Award	- Outstanding Track (Male)
Dick Hitt Award	- Outstanding Field (Female)
Jacob Brown Award	- Outstanding Track (Female)

MAIL ENTRIES TO:

TOM ZACCONE (Questions, call Tom Zaccone at 201-529-8217
143 Mc INTOSH DRIVE or Brian Rodak at 973-831-2412)
MAHWAH NJ 07430

OR FAXED TO: 201-252-2060

ENTRIES CLOSE FRIDAY, APRIL 14

JACK YOCKERS 2019
Bergen County Relays

Saturday, April 13, 2019 **River Dell High School**

TRACK: 9:00 am – BOYS FOLLOWED BY GIRLS- Div. A,B&E
FOLLOWED BY C&D

1. 9:00 am Shuttle Hurdle
2. 9:30 am 400 Relay
3. 10:00 am Distance Medley (1200-400-800-1600)
4. 11:00 am Sprint Medley (400-200-200-800)
5. 12:00 pm 3200 M Relay
6. 12:55 pm Frosh 1600 Relay
7. 1:20 pm 1600 M Relay

FIELD: 9:00 am

1. High Jump: #1 Girls Divisions C & D
 # 2 Boys Divisions A,B & E
2. Shot Put: Boys Divisions A,B&E followed by Girls Divisions A,B& E
3. Long Jump: Runway one: Boys Division A, B &E Followed by Boys
 Division C&D
 Runway two: Girls Division D & C Followed by Girls Division A,B&E
4. Discus: Girls Divisions C & D followed by Boys Divisions C&D
5. Javelin: Boys Divisions C&D followed by Girls Divisions C&D
6. Pole Vault: Boys Divisions C & D

BERGEN COUNTY TRACK QUARTILE - 2019

Division A

Bergen Tech
Hackensack
Ridgewood
Fair Lawn
No.Highlands
Cliffside Park
Old Tappan
Paramus
Pascack Valley
Tenafly
Ramapo

Division B

Teaneck
Indian Hills
Dwight Morrow
Bergenfield
Garfield
River Dell
Demarest
Ridgefield Park
Fort Lee
Mahwah
Lodi
Ramsey

Division C

Saddle Brook
Pascack Hills
Westwood
Rutherford
Glen Rock
Lyndhurst
Dumont
New Milford
Hasbrouck Heights
Cresskill
Leonia
Elmwood Park

Division D

Bergen Charter
Ridgefield
North Arlington
Becton
Waldwick
Palisades Park
Emerson
Park Ridge
Bogota
Midland Park
Wood-Ridge
Wallington

Division E

Don Bosco
Bergen Catholic
St. Joes
Paramus Catholic

St. Mary's
IHA
Holy Angels
Dwight-Englewood
Immac Conception
Saddle River Day

**2019 JACK YOCKERS
BERGEN COUNTY RELAYS**

Check one: BOYS ENTRY: _____ GIRLS ENTRY _____

SCHOOL _____ **COACH** _____
School Phone _____ **Home Phone** _____ **Divison** _____

(Check events you are competing in)

EVENTS

- 400M. Relay** _____
- 800M. Relay** _____
- 1600M. Relay** _____
- 3200M. Relay** _____
- 6400M. Relay** _____
- Sprint Med.** _____
- Distance Med.** _____
- H. Hurd. Rel.** _____
- Int. Hurd.Rel.** _____
- Frosh 1600M.** _____
- Shot Put** _____
- Discus** _____
- Javelin** _____
- High Jump** _____
- Long Jump** _____
- Triple Jump** _____
- Pole Vault** _____

Number of Relays Entered = _____ x \$25.00 = _____ (TOTAL ENTRY FEE)

Make Check Payable to : B C C A

**Mail Check and Entry to: Tom Zaccone
143 McIntosh Drive
Mahwah NJ 07430**

Or fax to: 201-252-2060

ATHLETIC DIRECTORS SIGNATURE: _____

(Must accompany this entry)