

**BERGEN GIRLS FROSH CHAMPIONSHIP
RIDGEWOOD HIGH SCHOOL
RIDGEWOOD, NEW JERSEY**

March 2010

Bergen County Coaches:

We invite you to the 20th Annual Frosh Girls Bergen County Championship. Thanks for supporting Bergen girls Track and Field with your entry.

Jacob Brown
Mike Glynn

- MEET:** Bergen Frosh Girls Championship
- PLACE:** Ridgewood High School, Ridgewood, New Jersey
- DATE:** Thursday, May 20, 2010 - 4:00pm
- AWARDS:** Team Trophies (overall champion and three other group winners)
- FEES:** \$6 per individual event; \$15 per relay
checks to: "Ridgewood Track and Field Association"
- DUE DATE:** Monday May 17, 2010 with Mike Glynn, Meet Director,
19 East Lewis Avenue, Pearl River, NY



INFORMATION

1. Seeding: All seeding will be done by the card method on the day of the meet. Cards will be issued at the meet. Only issued cards may be used. Bring your own safety pins.
2. Prizes: Six (6) individual place medals and four (4) team trophies: Group A, B, C, and D. 2009 County Groupings will be used. Scoring on a 10, 8, 6, 4, 2, 1.
3. Pin Spikes only are allowed on the Ridgewood Track
4. Competitors must be in the 9th grade and part of a high school track program.

ORDER OF EVENTS

- | | |
|---------|---|
| 4:00 pm | 400 meter Hurdles
100 meter Dash - Trials and Semis
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100 meter Dash Finals
1600 meter Run
400 meter Dash
100 meter Hurdles Finals
800 meter Run
200 meter Dash
3200 meter Run
4X400 meter Relay |
| 4:00 pm | Long Jump followed by Triple Jump
Pole Vault
High Jump
Shot Put - Trials concurrent with Discus trials - Shot finals first
Discus - Trials concurrent with Shot trials - Discus finals after shot finals
Javelin - Open Runway 4:00 to 5:00. Finals at 5:00. |

BERGEN GIRLS FROSH CHAMPS 5/20/10

Championship events: # of Entrants

100 meter dash	_____
200 meter dash	_____
400 meter dash	_____
800 meter run	_____
1600 meter run	_____
3200 meter run	_____
100 meter Hurdles	_____
400 meter Hurdles	_____
Shot put	_____
Discus	_____
Javelin	_____
High Jump	_____
Long Jump	_____
Triple Jump	_____
Pole Vault	_____
4X400 meter Relay	_____

_____ # of individual events at \$6 = _____

_____ # of Relay Entries at \$15 = _____

ENTRIES CLOSE 5/17/10

Entries Payable to: "Ridgewood Track & Field Association"

Entry Fee: **\$6 per individual event, \$15 per relay.**

Total entry fees enclosed: _____

School _____

Address _____

Coach _____

Phone (home) _____ (school) _____

e-mail _____

Mail Entries to:

Mike Glynn
19 East Lewis Avenue
Pearl River, NY 10965

Faxes accepted if entry
fee or voucher brought
to meet.
fax# = 845-735-7556

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