

**BERGEN GIRL'S FROSH CHAMPIONSHIP**  
**At Ridgewood's Track at BF**  
**RIDGEWOOD, NEW JERSEY**



March 2024

Bergen County Coaches:

We invite you to the 34th Annual Frosh Girls Bergen County Championship. We hope this Monday date serves the Bergen County Girls Frosh track and field program. Thanks for supporting Bergen girls Track and Field with your entry.

Jacob Brown  
Josh Saladino

- MEET:** Bergen Frosh Girls Championship
- PLACE:** BF Middle School, Ridgewood, New Jersey
- DATE:** Monday, May 20, 2024 - 4:00pm
- AWARDS:** Team Trophies (overall champion and four other group winners)
- FEES:** \$7 per individual event; \$20 per relay  
checks to: "Abbington Track Club, Inc."  
Tax ID#: 13-4096981
- DUE DATE:** Friday May 17, 2024  
email entry form to: [joshsaladino@gmail.coim](mailto:joshsaladino@gmail.coim)  
Mail Payment to: Josh Saladino  
26 Circle Avenue  
Ridgewood, NJ 07450

## 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.  
Running events: wear your card to the event. Field Events: give your card to the event official at the beginning of the meet.
2. Prizes: Six (6) individual place medals and five (5) team trophies: Group A, B, C, D and E.  
2023 County Groupings will be used.  
Scoring on a 10, 8, 6, 4, 2, 1.
3. Pin Spikes only are allowed on the Ridgewood Track. No Starting Blocks.
4. Competitors must be in the 9<sup>th</sup> grade and part of a high school track program.
5. **Parking and Bus drop off for Ridgewood Track and Field at the BF-Track.**

### **Bus Drop Off at the BF-Middle School Track:**

Buses should enter the BF Middle School parking lot, drop off the athletes, circle around and go to the Assigned bus parking Area. Buses may not park in the school lot.

### **Parking for parents and fans:**

There is no parking at BF-Middle School (drop off only). On Street parking is available nearby the school however please follow the street signage as the police will ticket improperly parked cars. Be prepared to walk several blocks to get to the track.

## ORDER OF EVENTS

- |         |   |
|---------|---|
| 4:00 pm | 400 meter Hurdles<br>100 meter Dash - Trials and Semis<br>1600 meter Run<br>100 meter Hurdles - Trials and Semis<br>100 meter Dash Finals<br>400 meter Dash<br>100 meter Hurdles Finals<br>800 meter Run<br>200 meter Dash<br>3200 meter Run<br>4X400 meter Relay   |
| 4:00 pm | Long Jump and Triple Jump – One hour open pit both runways.<br>Then Long Jump finals followed by Triple Jump finals.<br>Pole Vault<br>High Jump<br>Shot Put - Trials concurrent with Discus trials -Shot finals after Discus finals.<br>Discus - Trials concurrent with Shot trials - Discus finals first.                      |
| 4:00pm  | Javelin - <b>Javelin is thrown at the Travell School. A Short walk from Track.</b><br>Warmups start at 3:30. Competition starts at 4:00. Open runway trials then finals. If in shot and/or discus throw the javelin first.<br>Field Event athletes in multiple events must turn all your cards in at the beginning of the meet. |

# BERGEN GIRLS FROSH CHAMPS 5/20/24

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 \$7 = \_\_\_\_\_ # of Relay Entries at \$20 = \_\_\_\_\_

ENTRIES CLOSE 5/17/24

Entries Payable to: "Abbington Track Club, Inc."

Tax ID#: 13-4096981

Entry Fee: **\$7 per individual event, \$20 per relay.**

Total entry fees enclosed: \_\_\_\_\_

School \_\_\_\_\_

Address \_\_\_\_\_

AD fax # \_\_\_\_\_

Coach \_\_\_\_\_

Phone: (cell) \_\_\_\_\_ (home) \_\_\_\_\_ (school) \_\_\_\_\_

e-mail \_\_\_\_\_

Fill in the form, save it on your computer, and email it to: [joshsaladino@gmail.com](mailto:joshsaladino@gmail.com)

Then

Print the form and Postal Mail it and the check to:

**Josh Saladino**  
**26 Circle Avenue**  
**Ridgewood, NJ 07450**

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