

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



May 11, 2026

ORDER OF EVENTS

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

Individual Awards: Medals thru 6th place

Team Awards: Team trophy for each Bergen Country Group winner.

Results: Posted at conclusion of the meet on www.jacobbropwn.com and sent to Milesplit.