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

May 25, 2023

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 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 - Trails concurrent with Shot trials - Discus finals first.
4:00pm	Javelin - J**avelin is thrown at the Travell School. A Short walk from Track.**
	Warms 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.