

## 2023 Spring Track and Field Schedule

*\*This is a tentative schedule, all meets are subject to change and we may attend every meet listed\**

*\*\* Not everyone will attend every meet, see **level** for clarification\*\**

Date	Meet	Site	Level
Mon. April 3, 4:00 PM	Dual vs Ramapo	Ramapo HS	All
Sat. April 8, 9:00 AM	Pawlowski Relays	BFMS - Ridgewood	All
Fri-Sat. April 7-8, 4:15 PM / 9:30 AM	Arcadia Invitational	Arcadia HS, Arcadia, California	Select Varsity
Mon. April 10, 3:30 PM	Dual vs Northern Highlands	BFMS - Ridgewood	All
Sat April 15, 9:00 AM	Comet Relays	Hackensack HS	All
Mon. April 17, 4:00 PM	Dual vs Hackensack	Hackensack HS	All
Wed, Fri-Sat. April 19, 21-22 3:30 PM / 3:30 PM / 9:00 AM	Bergen County Relays	BFMS (Wed), River Dell (Fr-Sa)	Varsity
Mon. April 24, 3:30 PM	Dual vs Paramus	BFMS - Ridgewood	All
Thurs-Sat. April 27-29 10:00 AM / 9:00 AM / 9:00 AM	Penn Relays	Franklin Field, Philadelphia, PA	Select Varsity
Thurs. May 4, 3:30 PM	Big North Champs	Demarest HS	Varsity
Mon. May 8, 4:00 PM	Big North Frosh / Novice	BFMS - Ridgewood	All Frosh / Novice
Fri-Sat. May 12-13, 3:30 PM / 9 AM	Bergen County Champs	Old Tappan HS	Varsity
Tues. May 16, 4:00 PM	Novice Championships	Hackensack HS	All Frosh / Novice
Fri, May 19, 3:30 PM (Field events) 6:00 PM (Track events)	Bergen Meet of Champs	Hackensack HS	Select Varsity
Sat. May 20, 9:00 AM	County Seat Invitational	Hackensack HS	Select Varsity
TBA	East Coast Relays	Randolph HS	Select Varsity
Wed. May 24, 4:00 PM	Bergen County Frosh Boys Champs	Ramsey HS	Frosh Boys
Thurs. May 25, 4:00 PM	Bergen County Frosh Girls Champs	BFMS - Ridgewood	Frosh Girls
Fri-Sat. June 2-3, TBA	State Sectionals	TBA	Varsity
Fri-Sat. June 9-10, TBA	State Groups	TBA	Varsity Qualifiers
Wed. June 14, TBA	State Meet of Champs	Franklin HS	Varsity Qualifiers
Thurs-Sun. June 15-18	Nike Outdoor Nationals	Hayward Field, Eugene, OR	Select Varsity
Thurs-Sun. June 15-18	New Balance Outdoor Nationals	Franklin Field, Philadelphia, PA	Select Varsity