**2017 Big North FREEDOM – NATIONAL Divisional Track Championship May 4th. @ Ridgewood**

3:30 Field Events 4:00 Track

**NOTE**: **JAVELIN** **STARTS** **4**:**00AT** **TRAVELL SCHOOL**, **2** **BLOCKS** **FROM** **FIELD**.

**NO** **Warmups** **till** **3:30**

**(IF JAVELIN** **CONTINUES PAST RUNNING EVENTS WE WILL UTILIZE INFIELD)**

**Field Events**

**Shot** **Put** 1**.** FREEDOM – NATIONAL GIRLS COMBINED – SEPARATE FINALS

**Shot** **Put** 2. FREEDOM BOYS, Followed by NATIONAL BOYS

**Discus** NATIONAL BOYS, Followed by FREEDOM BOYS,

FREEDOM – NATIONAL GIRLS **Discus** after Boys, Girls throw combined, separate Finals.

**Javelin**- Girls followed by Boys DIVISIONS THROW COMBINED, SEPARATE FINALS

**High** **Jump** 1. FREEDOM – NATIONAL BOYS COMBINED

**High** **Jump** 2. FREEDOM – NATIONAL GIRLS COMBINED

**Long** **Jump** – Girls followed by Boys 1 hour open pit, Divisions Combined, Separate Finals

**Triple** **Jump** – Boys followed by Girls 1 hour open pit, Divisions Combined, Separate Finals

**Pole** **Vault** 1. FREEDOM – NATIONAL GIRLS COMBINED

**Pole** **Vault** 2. FREEDOM – NATIONAL BOYS COMBINED

**Divisional Order Of Events. Girls followed by Boys FREEDOM - NATIONAL**

100M - Trials

400IH

100M- Finals

1600M

110M and 100M HH- Trials

400M

100M and 110 Hurdles Finals

800M

200M Finals

3200M

1600M Relays

**Please Read Meet Considerations (Important to Note)**

The Big North Championship Meets are varsity championship caliber track and field meets. Only athletes that are of varsity championship caliber should be entered. The Big North Championships Meets are not developmental meets. Athletes that compete in the BNC Championship Meet are ineligible to compete in the BNC Novice meets. In order to help assist that the varsity championship meet be conducted at the highest level possible and allow for championship performances, the following standards have been established. These standards are subject to yearly review and should be discussed by the coaches at the annual post season meetings. Shot, Discus, Javelin, Long Jump and Triple Jump- the first legal attempt of each athlete will be measured. Subsequent attempts will be subject to the following standards for measurement. Shot- (B) 36’, (G) 25’. Discus- (B) 100’, (G) 70’. Javelin- (B) 100’, (G) 70’. Long Jump- (B) 17’, (G) 13’. Triple Jump- (B) 35’, (G) 28’. High Jump- (B) opening height 5’4” up two inches at a time. (G) 4’4” up 2 inches at a time.

Pole Vault opening height- (B) 8’6” up to 9’6” then 6 inches at a time.

(G) 6’6” up to 7’6” then 6 inches at a time.

Novice Meet Dates and Sites

Monday May 1st. @ Clifton Liberty and Independence Divisions

Monday May 8th. @ Ridgewood Freedom & United Divisions

@ Mahwah American & Patriot Divisions

@ Old Tappan National Division