

ED CHURCH INVITATIONAL

Monday, January 16, 2023
Rockland Community College, Suffern N.Y.

4:30 P.M.

IMPORTANT MEET INFORMATION

1. The hurdles and dash will be run at the same time on inside of the track.
2. Shot Put #2 will start after the Hurdles and dash are completed
3. A NOVICE athlete is one who has not won a VARSITY individual medal in Indoor or Outdoor Track.
4. You can enter as many individuals and relay teams (except Varsity 1 team) as you wish. Please bring your own batons and pins.
5. Awards: Six deep in every event.
6. RCC's Track is a Rubber surface (**NO SPIKES or Plastic Bottoms**) and is 250 meters long.
7. Please advise your athletes when crossing the track that there is a meet going on to avoid problems.
8. Please be advised that this is an entry fee, not a participation fee. Entry fee must be paid regardless of participation, since we turn schools away for this meet.

Questions? – email Brian Rodak njbta@aol.com or Mike Glynn Mike@coachglynn.com

Entries Due: January 9, 2023

ED CHURCH INVITATIONAL MEET

Rockland Community College

January 16, 2023

4:30 P.M. Start

Order of events:

1.	Varsity Boys	1600 meter run	1.	Frosh Girls	55 meter dash
2.	Varsity Girls	1600 meter run	2.	Varsity Girls	55 meter dash
3.	Novice Boys	1600 meter run	3.	Novice Girls	55 meter dash
4.	Novice Girls	1600 meter run	4.	Frosh Boys	55 meter dash
5.	Frosh Boys	1600 meter run	5.	Varsity Boys	55 meter dash
6.	Frosh Girls	1600 meter run	6.	Novice Boys	55 meter dash
7.	Varsity Boys	400 meter run			
8.	Varsity Girls	400 meter run	1.	Frosh Boys	55 meter hurdles
9.	Novice Boys	400 meter run	2.	Novice Boys	55 meter hurdles
10.	Novice Girls	400 meter run	3.	Varsity Boys	55 meter hurdles
11.	Frosh Boys	400 meter run	4.	Frosh Girls	55 meter hurdles
12.	Frosh Girls	400 meter run	5.	Novice Girls	55 meter hurdles
13.	Novice Boys	3200 meter relay	6.	Varsity Girls	55 meter hurdles
14.	Novice Girls	3200 meter relay			
15.	Frosh Boys	3200 meter relay	<u>Long Jump</u>	<u>Triple Jump</u>	
16.	Frosh Girls	3200 meter relay	Varsity Girls	Varsity Boys	
17.	Novice Boys	200 meter dash	Varsity Boys	Varsity Girls	
18.	Novice Girls	200 meter dash	Novice Girls	Novice Boys	
19.	Frosh Boys	200 meter dash	Novice Boys	Novice Girls	
20.	Frosh Girls	200 meter dash	Frosh Girls	Frosh Boys	
21.	Varsity Boys	800 meter run	Frosh Boys	Frosh Girls	
22.	Varsity Girls	800 meter run			
23.	Novice Boys	800 meter run	<u>High Jump</u>	<u>Pole Vault</u>	
24.	Novice Girls	800 meter run	Girls (N & Var)	Varsity Girls 6-0	
25.	Frosh Boys	800 meter run	Start at 4-0 – 4-3		
26.	Frosh Girls	800 meter run	Up by 3 inches	Varsity Boys 9-0	
27.	Varsity Boys	1600 meter relay			
28.	Varsity Girls	1600 meter relay	Boys (N & Var)		
29.	Novice Boys	1600 meter relay	Start at 4-6 – 4-9		
30.	Novice Girls	1600 meter relay	Up by 3 inches		
31.	Frosh Boys	1600 meter relay			
32.	Frosh Girls	1600 meter relay	<u>Shot Put #1</u>	<u>Shot Put #2</u>	
			Varsity Girls	Varsity Boys	
			Novice Girls	Novice Boys	
			Frosh Girls		
			Frosh Boys		

NO SPIKES ALLOWED!

ED CHURCH INVITATIONAL ENTRY FORM:

Monday, January 16, 2023 4:30 P.M.
Rockland Community College

School _____ School Phone _____

Coach _____ Coach's Home Phone _____

Do NOT enter the names on the entry blank, simply the number of entries in each event.
 Unlimited entries in every event. (Except Varsity Relays – 1 per school)

Event	Var. Boys	Var. Girls	Novice Boys	Novice Girls	Frosh Boys	FroshGirls
55 meter dash						
55 meter hurdles						
200 meters	XXXXXX	XXXXXXX				
400 meters						
800 meters						
1600 meters						
1600 meter relay						
3200 meter relay	XXXXXX	XXXXXXX				
Shot Put						
Long Jump						
Triple Jump					XXXXXX	XXXXXX
Pole Vault			XXXXXXX	XXXXXXX	XXXXXX	XXXXXX
High Jump					XXXXXX	XXXXXX

Entries Close: **January 9, 2023**

Mail To: Mike Glynn
 19 East Lewis Ave
 Pearl River, NY 10965

_____ X \$8.00 (individual per event) = _____

_____ X \$25.00 per relay = _____

Total Entry = _____ **Email Entry:** mike@coachglynn.com

Make Checks Payable to: **Bergen Track & Field LLC**

Cards will be provided – You **MAY NOT** use your own cards!!