

METROPOLITAN INVITATIONAL

WEDNESDAY, February 1, 2017

5:00 P.M.

168TH STREET ARMORY, N.Y.

****IMPORTANT MEET INFORMATION****

1. The hurdles and the dash will run on the **INSIDE** of the track while events are being run on the outside track.
2. A **NOVICE** athlete is one who has not won a **VARSITY** individual medal in Indoor or Outdoor Track. All individual winners of novice competitions should be moved up to the open division for the next meet. (Let's make the Novice Competition better)
3. You can enter as many individuals and relay teams (**only one Varsity**) as you wish. Please bring your own batons and pins.
4. Awards: **Custom Medals - Six deep** in every event.
5. **Spikes are allowed in Varsity Events Only – AS Per Armory Rules**
6. Please advise your athletes when crossing the track that there is a meet going on to avoid problems.
7. **Seeding Cards** will be provided. You **MAY NOT** use your own cards!!

Questions? – call Brian Rodak at (973) 831-2412 or e-mail njbta@aol.com

Entries Due: January 13, 2017

METROPOLITAN INVITATIONAL

Wednesday, February 1, 2017
168th Street Armory – 5:00 P.M.

Order of events:

On Track

- | | | |
|-----|---------------|-----------------|
| 1. | Frosh Boys | 1600 meter run |
| 2. | Frosh Girls | 1600 meter run |
| 3. | Novice Boys | 1600 meter run |
| 4. | Novice Girls | 1600 meter run |
| 5. | Varsity Boys | 1600 meter run |
| 6. | Varsity Girls | 1600 meter run |
| 7. | Varsity Boys | 800 meter relay |
| 8. | Varsity Girls | 800 meter relay |
| 9. | Frosh Boys | 800 meter run |
| 10. | Frosh Girls | 800 meter run |
| 11. | Novice Boys | 800 meter run |
| 12. | Novice Girls | 800 meter run |
| 13. | Varsity Boys | 800 meter run |
| 14. | Varsity Girls | 800 meter run |

The Joe Hubert 200 Meter Dash

- | | | |
|-----|---------------|------------------|
| 15. | Frosh Boys | 200 meter dash |
| 16. | Frosh Girls | 200 meter dash |
| 17. | Novice Boys | 200 meter dash |
| 18. | Novice Girls | 200 meter dash |
| 19. | Varsity Boys | 200 meter dash |
| 20. | Varsity Girls | 200 meter dash |
| 21. | Varsity Boys | 3200 meter relay |
| 22. | Varsity Girls | 3200 meter relay |
| 23. | Frosh Boys | 1600 meter relay |
| 24. | Frosh Girls | 1600 meter relay |
| 25. | Novice Boys | 1600 meter relay |
| 26. | Novice Girls | 1600 meter relay |
| 27. | Varsity Boys | 1600 meter relay |
| 28. | Varsity Girls | 1600 meter relay |

In Infield

- | | |
|---------------|---------------|
| Frosh Boys | 55-m hurdles |
| Novice Boys | 55-m hurdles |
| Varsity Boys | 55-m hurdles |
| Frosh Girls | 55-m hurdles |
| Novice Girls | 55-m hurdles |
| Varsity Girls | 55-m hurdles |
| Frosh Boys | 55 meter dash |
| Novice Boys | 55 meter dash |
| Varsity Boys | 55 meter dash |
| Frosh Girls | 55 meter dash |
| Novice Girls | 55 meter dash |
| Varsity Girls | 55 meter dash |

Long Jump

- | |
|---------------|
| Varsity Boys |
| Varsity Girls |
| Frosh Boys |
| Frosh Girls |
| Novice Boys |
| Novice Girls |

High Jump

- | |
|-------------------|
| Varsity Girls |
| Start at 4-4, 4-8 |
| Varsity Boys |
| Start at 5-4, 5-8 |

Triple Jump

- | |
|---------------|
| Varsity Girls |
| Varsity Boys |
| Novice Girls |
| Novice Boys |
| Frosh Girls |
| Frosh Boys |

Pole Vault

- | |
|----------------|
| Varsity Girls |
| Start at 8-0 |
| Varsity Boys |
| Starts at 11-0 |

Shot Put

- | |
|---------------|
| Varsity Boys |
| Varsity Girls |

1 VARSITY RELAY PER SCHOOL

SPIKES ALLOWED IN VARSITY EVENTS ONLY!!!!!!

Freshmen/Novice – RUBBER SOLE BOTTOMS- NO PLASTIC

2017 Metropolitan Invitational Entry Form:**2/1/17**

School _____ School Address _____

Coach _____ Cell Phone _____ E-Mail _____

School Phone _____ A.D.'s Fax # _____

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)

Event	Open Boys	Open Girls	Novice Boys	Novice Girls	Frosh Boys	Frosh Girls
55 meter dash						
55 meter hurdles						
200 meter dash						
800 meter dash						
1600 meter run						
800 meter relay			XXXXXXXX	XXXXXX	XXXXXX	XXXXXX
1600 meter relay						
3200 meter relay			XXXXXXXX	XXXXXX	XXXXXX	XXXXXX
Long Jump						
Triple Jump						
High Jump			XXXXXXXXXX	XXXXXX	XXXXXX	XXXXXX
Shot Put			XXXXXXXXXX	XXXXXX	XXXXXX	XXXXXX
Pole Vault			XXXXXXXXXX	XXXXXX	XXXXXX	XXXXXX

Entries Close: **January 14, 2017**

Mail To: Brian Rodak
1 Adobe Drive
Wayne, N.J. 07470

_____ X \$7.00 (individual per event) = _____

_____ X \$25.00 per relay = _____

Total Entry = _____

FAX # (973) 907-2642
NO COVER PAGES

Make Checks Payable to: **Bergen Track & Field LLC (Fed ID # 45-0600026)**

Metropolitan Invitational Meet Information

Please Read!!!!

The hurdles and the dash will be run on the Infield while events are being run on the outside track. In the Hurdles and the Dash, the **first 128** athletes will be seeded in all divisions, 129 and over will compete, but not advance.

NO COACHES OR ATHLETES on the side of the finish line - THANK YOU!!

All Field Events need cards to check in.

There will be **no finals** in the Shot Put, Novice & Freshmen Long and Triple Jumps – three attempts only.

In the Shot Put – **No measurements** made for throws under
Girls – 23 feet
Boys – 35 feet

The Varsity Long & Triple Jumps will have finals.

The High Jump will start after the infield is completed. The **SIX JUMP** rule may be used.

The Pole Vault may use the **six jump rule**.

Medals are Six deep in all events, please pick-up when called.

No Coaches on the Infield due to the size of the meet.

Please keep your athletes off the infield unless they are competing.

Hurdles & Dash

Please have your athletes report ready to run

no sweats or extra shoes or friends

This will help in seeding your athlete tonight

NEW MEET ENTRY NEWS

BECAUSE OF THE INTEREST OF TEAMS RUNNING AT THE ARMORY, MEET MAGEMENT HAS MET AND ESTABALISHED PARTICTIPATION NUMBERS FOR EACH OF THE MEETS WE RUN.

IN THE PAST, WE HAVE ALLOWED ALL TEAMS THAT HAVE ENETERED ON TIME TO PARTICPATE. NOW WE HAVE DELEVELOPED THE FOLLOWING NEW STANDARD.

ONCE THE MEET HAS REACHED THE DESIRED SIZE, NO FURTHER ENTRIES WILL BE ACCEPTED, EVEN IF THE ENTRY DEADLINE HAS NOT BEEN REACHED.

WE KNOW, THAT SOME TEAMS WILL BE PREVENTED FROM RUNNING, BUT WE FEEL AN OBLIGATION TO HAVE MEETS END BY 10:00 PM ON SCHOOL NIGHTS.

WE KNOW THAT YOU WILL AGREE AND UNDERSTAND.

**PLEASE CHECK THE ACCEPTED
SCHOOL LIST ON BERGENTRACK.COM**

Question? njbta@aol.com Brian Rodak

PLEASE BE ADVISED THAT THIS IS AN ENTRY FEE, NOT A PARTICIPTION FEE. ENTRY FEE MUST BE PAID REGARDLESS OF PARTICAPTION, SINCE WE TURN SCHOOLS AWAY FOR THIS MEET

IMPORTANT BUS INFORMATION

The bus situation at The Armory continues to be a major problem, especially with schools from New Jersey during the week.

Wait upstairs until your bus has arrived outside then exit the building – NO WAITING in the lobby for your bus!!!!

The Armory staff and New York City police have been more than cooperative and flexible in trying to solve this problem. Many bus drivers, quite frankly, are not cooperating.

This year all buses are required to park on 155th St. If your driver parks on any street directly surrounding the armory, someone from The Armory staff will ask the driver to go to the assigned area. If the driver does not move, Ed Small will inform the meet director. Your team will be immediately disqualified and you will be directed to leave the Armory. You will not be invited back.

Please cooperate.