

Paul Schwartz Invitational

THURSDAY, DECEMBER 22, 2022

4:30 P.M.

ROCKLAND COMMUNITY COLLEGE, N.Y.

1. **Entries Close Thursday, December 16th** – The Meet may close before that date if it has reached it's school capacity.
2. **In the 1000 meter, we are going to select the Top 12 runners (Paul Schwartz by phone)** – Those athletes that are not accepted will be entered into the 800 meters.
3. The hurdles and the dash will be run on the INSIDE of the track while events are being run on the outside track.
4. 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)
5. You can enter as many individuals and relay teams (**only one Varsity**) as you wish. Please bring your own batons and pins.
6. **High Jump** – All Girls will jump together then All Boys will jump together – (**6 jump rule will be used**)
7. In the Shot Put, Long Jump and Triple Jump (**3 attempts – NO FINALS**)
Shot Put #2 will start after the hurdles and dash on infield
8. Awards: **Six** deep in every event.
9. Please advise your athlete's when crossing the track that there is a meet going on to avoid problems.

Questions? – email Brian Rodak njbta@aol.com

Paul Schwartz Invitational

Thursday, December 22, 2022

Rockland Community College 4:30 P.M.

Order of events:

On Track

- | | | |
|-----|---------------|------------------|
| 1. | Frosh Boys | 3200 meter relay |
| 2. | Frosh Girls | 3200 meter relay |
| 3. | Novice Boys | 3200 meter relay |
| 4. | Novice Girls | 3200 meter relay |
| 5. | Varsity Boys | 3200 meter relay |
| 6. | Varsity Girls | 3200 meter relay |
| 7. | Varsity Boys | 600 meter run |
| 8. | Varsity Girls | 600 meter run |
| 9. | Varsity Boys | 800 meter relay |
| 10. | Varsity Girls | 800 meter relay |
| 11. | Frosh Boys | 200 meter dash |
| 12. | Frosh Girls | 200 meter dash |
| 13. | Novice Boys | 200 meter dash |
| 14. | Novice Girls | 200 meter dash |
| 15. | Varsity Boys | 1000 meter run |
| 16. | Varsity Girls | 1000 meter run |
| 17. | Varsity Boys | 800 meter run |
| 18. | Varsity Girls | 800 meter run |
| 19. | Frosh Boys | 800 meter run |
| 20. | Frosh Girls | 800 meter run |
| 21. | Novice Boys | 800 meter run |
| 22. | Novice Girls | 800 meter run |
| 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 |

Shot Put #1

Varsity Girls
Novice Girls
Frosh Girls
Frosh Boys

Shot Put #2

Varsity Boys
Novice Boys

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 Girls | 55 meter dash |
| Novice Girls | 55 meter dash |
| Varsity Girls | 55 meter dash |
| Frosh Boys | 55 meter dash |
| Novice Boys | 55 meter dash |
| Varsity Boys | 55 meter dash |

Long Jump

Varsity Boys
Varsity Girls
Frosh Boys
Frosh Girls
Novice Boys
Novice Girls

Triple Jump

Varsity Girls
Varsity Boys
Novice Girls
Novice Boys

High Jump

Girls (ALL)
Start at 4-0, 4-3
4-6, 4-9, 5-0
Boys (ALL)
Start at 4-6, 4-9
5-0, 5-3 -5-6, 5-9

Pole Vault

Varsity Girls
Start at 6-0

Varsity Boys
Starts at 9-0

NO SPIKES ALLOWED!!

2022 Paul Schwartz Invitational Entry Form:**12/22/22**

School _____

School Address _____

Coach _____ Cell Phone _____

E-Mail _____

Important TOTAL # Needed

A.D.'s Fax Number _____

of Coaches/Athletes _____

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	Frosh Girls
55 meter dash						
55 meter hurdles						
200 meters	XXXXXX	XXXXXXX				
600 meters			XXXXXXX	XXXXXXX	XXXXXX	XXXXXXX
800 meters						
1000 meters			XXXXXXX	XXXXXXX	XXXXXX	XXXXXXX
800 meter relay			XXXXXXX	XXXXXXX	XXXXXX	XXXXXX
1600 meter relay						
3200 meter relay						
Shot Put						
High Jump						
Pole Vault			XXXXXXX	XXXXXXX	XXXXXX	XXXXXXX
Triple Jump					XXXXXX	XXXXXXX
Long Jump						

Entries Close: **December 15, 2022****Mail To:** Mike Glynn

19 East Lewis Ave

Pearl River, NY 10965

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

_____ X \$25.00 per relay = _____

Email Entry: Mike@coachglynn.com**Total Entry** = _____Make Checks Payable to: **Bergen Track & Field LLC****Cards** will be provided – You **MAY NOT** use your own cards!!