

Spiked Shoe Holiday Festival

MONDAY, DECEMBER 16, 2024

5:15 P.M.

168TH STREET ARMORY, N.Y.

COACHES: The Armory will NOT allow any SPIKES or Plastic Bottoms for this meet.

**We are offering events for your entire team in one meet.
All the Events will have FAT timing.**

- 1. In order to enter the meet you MUST email your PAPER ENTRY in first – Then you will get the PASSWORD to enter on Milesplit.**
2. Coaches Packets will contain bar coded Name/Team stickers for each athlete entered in an event on the oval. The 55 & 55H are pre-seeded and the athletes name will be posted on heat sheets. In the field events, the athlete's names are on official result sheets and the field athletes just need to check in at their event when called.
3. **Entries Close Tuesday, December 12th** – The Meet may close before that date if it has reached it's school capacity. We will leave Milesplit opened until Sunday Night, so you can adjust names, events etc.
4. The hurdles and the dash will be run on the INSIDE of the track while events are being run on the outside track.
5. 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)
6. You can enter as many individuals and relay teams (**only one Varsity**) as you wish. Please bring your own batons and pins.
4. In the Shot Put – **No measurements** made for throws under **Girls – 22 feet**
Boys – 32 feet
5. Awards: **Six** deep in every event.

Questions? – email Brian Rodak njbta@aol.com

SPIKED SHOE HOLIDAY FESTIVAL

Monday, December 16, 2024

168th Street Armory, 5:15 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
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 5-2, 5-6 |

Triple Jump

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

Pole Vault

- | |
|----------------|
| Varsity Girls |
| Start at 7-6 |
| Varsity Boys |
| Starts at 10-6 |

Shot Put

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

RUBBER SOLE BOTTOMS- NO PLASTIC BOTTOMS

2024 Spike Shoe Holiday Festival Entry Form:

12/16/24

School _____

School Address _____

Coach _____ Cell Phone _____

E-Mail _____

A.D.'s Fax Number _____

Entries Close: **December 9, 2024**

Mail To: Brian Rodak
361 N. Central Ave
Ramsey, N.J. 07446

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

_____ X \$30.00 per relay = _____

Total Entry = _____ **Email:** njbta@aol.com

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

Coaches Check List

1. Email This Paper Entry njbta@aol.com
2. Enter your athletes by **Sunday, December 15th**
3. Check online - **Monday** for your athletes **Heat/Lane/Flight** for 55 Hurdles, 55 Dash and Long Jump, Triple Jump and Shot Put (**results.armorytrack.com**)
4. Day of the meet, you will pick up your packet, containing the labels for your athletes that you entered on milesplit. Make sure your athletes check in on time

Spiked Shoe Holiday Festival Meet Information

Please Read!!!!

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

We will be allowed on the track at 5PM – The first race will be at 5:15PM – Please have your athletes ready.

Coaches make sure your **Paper entry and Milesplit entry match** – We do not want to delete entries that have not been officially entered.

There will be finals in the Varsity Field Events Only (Long, Triple, Shot)

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**

Check online - **Monday Morning** for your athletes **Heat/Lane/Flight** for 55 Hurdles, 55 Dash and Long Jump, Triple Jump and Shot Put (results.armorytrack.com)

Rubber Soles Shoes Only!

STANDARD MEET ENTRY INFO

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.

Please wait upstairs until your bus driver has contacted you that they are outside – then please exit the armory – **NO WAITING** in 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, The Armory Staff 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.