

# Spiked Shoe Holiday Festival

MONDAY, DECEMBER 19, 2016

5:00 P.M.

168<sup>TH</sup> STREET ARMORY, N.Y.

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## \*\*IMPORTANT MEET INFORMATION\*\*

1. The hurdles and the dash will be 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. In the Shot Put – **No measurements** made for throws under **Girls – 20 feet**  
**Boys – 32 feet**
5. Awards: **Six** deep in every event.
6. **SPIKES ALLOWED in VARSITY EVENTS ONLY!!! Per ARMORY STAFF.**
7. Please advise your athlete's when crossing the track that there is a meet going on to avoid problems.
8. **Seeding Cards** will be provided. You **MAY NOT** use your own cards!!!

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

Entries Due: **December 7, 2016**

# **SPIKED SHOE HOLIDAY FESTIVAL**

**Monday, December 19, 2016**

168<sup>th</sup> 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
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

### **Triple Jump**

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

### **High Jump**

Varsity Girls
Start at 4-4, 4-8
Varsity Boys
Start at 5-2, 5-6

### **Pole Vault**

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

### **Shot Put**

Varsity Boys
Varsity Girls

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

**Freshmen/Novice – RUBBER SOLE BOTTOMS- NO PLASTIC**

**2016 Spike Shoe Holiday Festival Entry Form:**

**12/19/16**

School \_\_\_\_\_ School Address \_\_\_\_\_

Coach \_\_\_\_\_ Home Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

School Phone \_\_\_\_\_ A.D.'s Fax Number \_\_\_\_\_

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 – ONLY ONE)**

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			XXXXXXXXXX	XXXXXXX	XXXXXXX	XXXXXXX
1600 meter relay						
3200 meter relay			XXXXXXXXXX	XXXXXXX	XXXXXXX	XXXXXXX
Long Jump						
Triple Jump						
High Jump			XXXXXXXXXX	XXXXXXX	XXXXXXX	XXXXXXX
Shot Put			XXXXXXXXXX	XXXXXXX	XXXXXXX	XXXXXXX
Pole Vault			XXXXXXXXXX	XXXXXXX	XXXXXXX	XXXXXXX

Entries Close: **December 7, 2016**

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

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

\_\_\_\_\_ X \$25.00 per relay = \_\_\_\_\_

**Total Entry** = \_\_\_\_\_

Make Checks Payable to: **Bergen Track & Field LLC (Fed # 45-0600026)**  
**FAX # (973) 907-2642 NO COVER PAGES**

# Spiked Shoe Holiday Festival Meet Information

## Please Read!!!!

9. 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.
10. **NO COACHES OR ATHLETES** on the side of the finish line - THANK YOU!!
11. All Field Events need cards to check in.
12. There will be **no finals** in the Shot Put – three attempts only. There will be finals in the Varsity Long & Triple Jumps Only!
13. The High Jump will start after the infield is completed. The **SIX JUMP** rule may be used.
14. The Pole Vault may use the **six jump rule**.
15. Medals are Six deep in all events, please pick-up when called.
16. **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**

**Spikes Allowed in Varsity Events Only – Rubber Soles in Freshmen/Novice**

## **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](mailto:njbta@aol.com) Brian Rodak

PLEASE BE ADVISED THAT THIS IS AN ENTRY FEE, NOT A PARTICIAPTION 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 155<sup>th</sup> 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.