

Coaches Information Sheet for 2022 Meets at Rockland Community College (Includes Paul Schwartz, BN Frosh/Novice and Ridgewood II):

Tell your athletes: *NO Spectators!*

**Masks must be worn unless actively competing.
(Coaches also)**

Field House is limited to 2000 including athletes, coaches and officials.

The entry blank includes a place to indicate how many athletes you will bring to the meet. When the number reaches 2000 the meet will be closed.

AS of November 1 there are no vaccination requirements.

Again: NO SPECTATORS; they will be turned away at the door.

Paul Schwartz Invitational

THURSDAY, DECEMBER 23, 2021

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 23, 2021

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 800 meter relay
8. Varsity Girls 800 meter relay
9. Frosh Boys 200 meter dash
10. Frosh Girls 200 meter dash
11. Novice Boys 200 meter dash
12. Novice Girls 200 meter dash
13. Varsity Boys Top 12 1000 meter run
14. Varsity Girls Top 12 1000 meter run
15. Varsity Boys 800 meter run
16. Varsity Girls 800 meter run
17. Frosh Boys 800 meter run
18. Frosh Girls 800 meter run
19. Novice Boys 800 meter run
20. Novice Girls 800 meter run
21. Frosh Boys 1600 meter relay
22. Frosh Girls 1600 meter relay
23. Novice Boys 1600 meter relay
24. Novice Girls 1600 meter relay
25. Varsity Boys 1600 meter relay
26. 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 7-0

Varsity Boys
Starts at 9-0

NO SPIKES ALLOWED!!

2021 Paul Schwartz Invitational Entry Form:

12/23/21

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

Entries Close: **December 16, 2021**

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!!