

Coaches:

New York City has a strict rule for entering any Indoor Track Complex

Right now everyone that enters the building must be Vaccinated!!!!

Everyone will have to show proof of vaccination and I believe Adults will have to show ID also.

So please keep this in mind when entering the Meet.

Thank you

METROPOLITAN INVITATIONAL

WEDNESDAY, January 26, 2022

5:00 P.M.

168TH STREET ARMORY, N.Y.

**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 fax your PAPER ENTRY in first – Then you will get the PASSWORD to enter on Milesplit.**
- 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 Wednesday, January 19th** – The Meet may close before that date, if it has reached it's school capacity. We will leave Milesplit opened until Monday night, January 27th, so you can adjust names, events etc.
- The hurdles and the dash will run on the **INSIDE** of the track while events are being run on the outside track.
- 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)
- You can enter as many individuals and relay teams (**only one Varsity**) as you wish. Please bring your own batons and pins.
- Awards: **Custom Medals - Six deep** in every event.
- 8. Spikes are allowed in Varsity Events Only – AS Per Armory Rules**
- Please advise your athletes when crossing the track that there is a meet going on to avoid problems.

Questions? – Brian Rodak email: njbta@aol.com

METROPOLITAN INVITATIONAL

Wednesday, January 26, 2022
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 |

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 5-4, 5-8 |

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

2022 Metropolitan Invitational Entry Form:

1/26/22

School _____

School Address _____

Coach _____ Cell Phone _____

E-Mail _____

A.D.'s Fax Number _____

Entries Close: **January 19, 2022**

Mail To:

Brian Rodak
1 Adobe Drive
Wayne, N.J. 07470

_____ 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 **Tuesday, January 25th**
3. Check online - **Wednesday** 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

STANDARD 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, 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.