

Paul Schwartz Invitational

THURSDAY, DECEMBER 21, 2023

4:30 P.M.

ROCKLAND COMMUNITY COLLEGE, N.Y.

1. **Entries Close Thursday, December 14th** – 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 21, 2023

Rockland Community College 4:30 P.M.

Order of events:

On Track

1. Varsity Boys 3200 meter relay
2. Varsity Girls 3200 meter relay
3. Novice Boys 3200 meter relay
4. Novice Girls 3200 meter relay
5. Frosh Boys 3200 meter relay
6. Frosh Girls 3200 meter relay
7. Varsity Boys 600 meter run
8. Varsity Girls 600 meter run
9. Novice Boys 600 meter run
10. Novice Girls 600 meter run
11. Frosh Boys 600 meter run
12. Frosh Girls 600 meter run
13. Varsity Boys 1600 meter run
14. Varsity Girls 1600 meter run
- Varsity Boys 200 meter dash
- Varsity Girls 200 meter dash
15. Novice Boys 200 meter dash
16. Novice Girls 200 meter dash
17. Frosh Boys 200 meter dash
18. Frosh Girls 200 meter dash
19. Varsity Boys Top 12 1000 meter run
20. Varsity Girls Top 12 1000 meter run
21. Varsity Boys 800 meter run
22. Varsity Girls 800 meter run
23. Novice Boys 800 meter run
24. Novice Girls 800 meter run
25. Frosh Boys 800 meter run
26. Frosh Girls 800 meter run
27. Varsity Boys 1600 meter relay
28. Varsity Girls 1600 meter relay
29. Novice Boys 1600 meter relay
30. Novice Girls 1600 meter relay
31. Frosh Boys 1600 meter relay
32. Frosh 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 (Nov/Var)
Start at 4-0, 4-3
4-6, 4-9, 5-0
Boys (Nov/Var)
Start at 4-6, 4-9
5-0, 5-3 -5-6, 5-9

Pole Vault

Varsity Girls
Starts at 6-0

Varsity Boys
Starts at 9-0

NO SPIKES ALLOWED!!

2023 Paul Schwartz Invitational Entry Form:

12/21/23

School _____

School Address _____

Coach _____ Cell Phone _____

E-Mail _____ 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 – 1 per school)

Event	Var. Boys	Var. Girls	Novice Boys	Novice Girls	Frosh Boys	Frosh Girls
55 meter dash						
55 meter hurdles						
200 meters						
600 meters						
800 meters						
1000 meters			XXXXXXXX	XXXXXXXX	XXXXXX	XXXXXXXX
1600 meter run			XXXXXXXX	XXXXXXXX	XXXXXX	XXXXXX
1600 meter relay						
3200 meter relay						
Shot Put						
High Jump					XXXXXX	XXXXXXXX
Pole Vault			XXXXXXXX	XXXXXXXX	XXXXXX	XXXXXXXX
Triple Jump					XXXXXX	XXXXXXXX
Long Jump						

Entries Close: **December 14, 2023**

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!!