

METROPOLITAN INVITATIONAL

THURSDAY, January 29, 2026

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.**
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 Wednesday, January 22nd** – 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.
4. The hurdles and the dash will 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.
7. Awards: **Custom Medals - Six deep** in every event.
8. **Spikes are allowed in ALL VARSITY EVENTS! Frosh/Novice Rubber Soles**
9. 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

Thursday, January 29, 2026
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 |

High Jump

- | |
|-------------------|
| Varsity Girls |
| Start at 4-4, 4-8 |
| Varsity Boys |
| Start at 5-4, 5-8 |

Triple Jump

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

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

2026 Metropolitan Invitational Entry Form:

1/29/26

School _____

School Address _____

Coach _____ Cell Phone _____

E-Mail _____

A.D.'s Fax Number _____

Entries Close: **January 21, 2026**

Mail To:

Brian Rodak
361 N. Central Ave
Ramsey, N.J. 07446

_____ X \$9.00 (individual per event) = _____

_____ X \$36.00 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 **Wednesday, January 28th**
3. Check online - **Thursday** 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

Metropolitan Invitational Meet Information

Please Read!!!!

We can not get on the track until 4:45PM – First Event will be at 5:00PM – Please have your athletes ready for their events

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

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

In the Shot Put – **No measurements** made for throws under
Girls – 25 feet
Boys – 35 feet

All Varsity Field Events will have finals. (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 - **Thursday** for your athletes **Heat/Lane/Flight** for 55 Hurdles, 55 Dash and Long Jump, Triple Jump and Shot Put (**results.armorytrack.com**)

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 DELEVLOPED 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.