

**THE EASTERN STATES INDOOR TRACK AND FIELD CHAMPIONSHIP**  
**New Balance Track and Field Center at The Armory**  
**168<sup>TH</sup> & FORT WASHINGTON AVENUE, NYC**  
**Tuesday February 20, 2024**

**RULES AND REGULATIONS FOR THE EASTERN STATES MEET**

1. Please use New York Mile Split for your entry.
2. All performances must be winter marks, 2023-2024. Performances for seeding purposes will be taken from the MileSplit data base. Entries that do not have performances in the data base will be placed in unseeded sections or rejected if the event is full.
3. National Federation Sanction has been applied for in all eastern states: Maine to Virginia, Washington DC and NYPSAL. The Eastern States is a High School meet. Please check with your state association to be assured of their approval.
4. The meet will be conducted under the rules of the National Federation of State High School Athletic Associations. **Uniform rules will be enforced.** You Must wear a School Issued Uniform. Starting blocks will be supplied for the sprint events and used in the finals only.
5. An athlete's eligibility for this meet will be determined by the rules of his home state. No athlete who has reached their 19th birthday prior to September 1, 2023 is eligible.
6. Coaches will be given check in cards for each running event and relay entered. Cards for runners and relays must be submitted to the check in official in the clerking area any time up to 30 minutes before the event. Field event athletes will check in with the field event official when the event is called. Once the event is closed late athletes will not be allowed to compete. Remember: Check in on time or you do not compete.
7. Athletes may participate in any two events. Remember only two events. If you enter more than two events for your athlete with the plan of scratching an event you must still pay an entry fee for each event entered.
8. Entry Fees must be mailed to: Mike Glynn, 19 East Lewis Avenue, Pearl River, NY, 10965 Entries fees **must** be received by Thursday, February 15, 2024. Mike Glynn must have the fees or a voucher on Thursday. Questions: email Mike: [mike@coachglynn.com](mailto:mike@coachglynn.com)
9. Entry fees: individual event - \$25, relay event - \$50. All entry fees must be paid before the Meet. Fees are non-refundable in case of rejection.
10. Entries on MileSplit close Saturday 2/17/2024 at 6pm! Events will be seeded from performances to that date. Seeds will not be updated after 2/17/2024.
11. **Entry acceptance procedure:** The seeding committee will finalize the fields for each event by Sunday evening February 18th. All accepted athletes will be posted on the web sometime late Sunday evening. <http://www.jacobbrown.com/Easterns/easterns.htm>

**REJECTED ATHLETES WILL NOT BE CALLED OR NOTIFIED IN ANY WAY.**  
Coaches are expected to have web access and must obtain this information from the web.

12. The Easterns Medal will be given to the top 6 finishers in each event.



13. Directions to the Armory from the George Washington Bridge: Take the 178th street exit to Broadway. Right on Broadway, right on 169th Street, left on Fort Washington. Use Fort Washington Ave. entrance.

14. Parking: **cars:** There is limited on-street parking. There are two local parking garages: Fort Washington Avenue between 164th and 165th Streets. Broadway between 176th and 177th Streets. **Buses:** Please check the web site for Armory bus parking rules.

15. Additional and updated information may be found on the web:

[Easterns 2024 Information](#)

16. Questions via email should be directed to:

Jacob Brown at: [jacob@jacobbrown.com](mailto:jacob@jacobbrown.com)

or

Brian Rodak at: [njbta@aol.com](mailto:njbta@aol.com)

17. For official sanctioning purposes the name of the meet is: The Big Apple Invitational.

**18. NB: This is an ENTRY fee. You pay to ENTER the meet. If an athlete is not accepted or you make scratches the ENTRY fee has to be paid. Coaches Note Well! Any entry fee not paid by meet time must be paid for at the meet (cash or credit card). Any School who has not paid their entry fee will not be allowed to compete.**

#### **New 2024 Entry Standards For The Eastern States:**

	Boys	Girls	
55 dash	6.8	7.9	
200 dash	22.8	26.8	
400 dash	51.0	61.0	
800 run	2:00.0	2:23.0	
1 mile run	4:30.0	5:25.0	
2 mile run	9:50.0	11:55.0	
55 hurdles	8.0	9.5	
high jump	5'10"	4'10"	(opening height is 5'8" and 4'8")
pole vault	13' 6"	10'	(opening height is 13' and 10')
shot put	46'	32'	
triple jump	38'	32'0"	
long jump	19'	15'	
4X200	1:33.0	1:50.0	(No projected times in any of the relays. Teams must have run the times.)
4X400	3:35.0	4:15.0	
4X800	8:18.0	9:55.0	
D.M.	10:50.0	12:55.0	

These are suggested entry standards. Achieving these standards does not guarantee acceptance. Entry fees are non-refundable.