

## **RULES AND REGULATIONS FOR THE EASTERNS STATES MEET (now called "The Big Apple Invitational")**

1. Please use [www.directathletics.com](http://www.directathletics.com) for your entry. The direct link for Easterns is: <http://www.directathletics.com/meets/track/7677.html>
2. All performances must be winter marks, 2007-2008. Actual times, distances and heights, must be submitted (**including relays**). No estimates or dual meet marks will be accepted. Please note this is a metric meet (except for the mile and 2 mile). Times from yard events or other "odd" indoor distances will be converted by the seeding committee. Relay times cannot be estimates.
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. No jewelry, no watches, no tape over jewelry. **Uniform rules will be enforced.** Starting blocks will be supplied for the sprint events and used in the finals only.
5. An athletes' 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, 2007 is eligible.
6. Coaches will be given check in cards for each athlete and relay. Cards for runners and relays must be submitted to the check in official in the clerking area any time up to 60 minutes before the event. Cards for field events are given to the field event official. 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 Tuesday, February 5, 2008. Postmarks are **not** acceptable. Mike Glynn must have the fees or a voucher on Tuesday.
9. Seed updates will be accepted by Direct Athletics until 12 midnight Monday February 18<sup>th</sup>.
10. Entry fees: individual event - \$15, relay event - \$25. All entry fees must be paid before the seeding committee will "activate" your entry. Fees are non-refundable in case of rejection.
11. **Entry acceptance procedure:** The seeding committee will finalize the fields for each event by Tuesday evening February 19<sup>th</sup>. All accepted athletes will be posted on the web sometime Wednesday morning.  
(<http://www.jacobbrown.com/EntryForms/meetinfo.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. If you have questions about the selection process, call Tom Zaccone on February 20 or 21 between 6 & 10 pm. Please do not call after February 21<sup>st</sup>.
12. Awards 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:  
[www.jacobbrown.com/meetinfo.htm](http://www.jacobbrown.com/meetinfo.htm) or [www.armorytrack.com/](http://www.armorytrack.com/)  
Or call: Jacob Brown 201-444-1697, Mike Glynn 845-735-7514,  
Brian Rodak 201-818-9054, Tom Zaccone 201-529-8217.

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

17. REMEMBER. Entry Fees or vouchers must be received before the Direct Athletics entry will be activated.

### Entry Standards:

These are entry standards. You must have achieved these times, distances, or heights to enter. Achieving these standards does not guarantee acceptance. Entry fees are non-refundable.

	Boys	Girls
55 dash	6.8	7.9
200 dash	23.0	26.8
400 dash	51.5	61.0
800 run	2:01.0	2:25.0
1 mile run	4:32.0	5:25.0
2 mile run	9:50.0	11:55.0
55 hurdles	8.0	9.5
high jump	6'2"	5'1" (opening height is 6' and 5')
pole vault	13'0"	10'0" (opening height is 13' and 10')
shot put	48'	33'
triple jump	40'	32'0"
long jump	19'6"	15'2"
4X200	1:34.0	1:50.1
4X400	3:34.0	4:10.0
4X800	8:15.0	9:55.0
D.M.	10:50.0	13:00.0

(No projected times in any of the relays. Teams must have run the times.)

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**THE BIG APPLE INVITATIONAL -FORMERLY CALLED THE  
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 26, 2008 4:30 p.m.

**OFFICIAL ENTRY FEE PAYMENT FORM**

School \_\_\_\_\_ Coach \_\_\_\_\_  
Address \_\_\_\_\_ School Phone \_\_\_\_\_  
Home Phone \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Entrys and Fees Due: Tuesday, February 5, 2008  
Entries go to <http://www.directathletics.com/meets/track/4890.html>

Each individual entry is \$15.

Fees: \_\_\_\_ Individuals at \$15 = \_\_\_\_  
\_\_\_\_ Relays at \$25 = \_\_\_\_  
Total entry = \_\_\_\_

Mail to: Mike Glynn  
19 E. Lewis Avenue  
Pearl River, NY 10965

Fees **MUST** be received before entry will be activated.  
Checks payable to: "Bergen Track Association"

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