

October, 2018

Dear Coach,

The Winter Armory meets are continuing in the **New Balance Track & Field Center** at the Armory on 168th Street and Fort Washington Avenue in Manhattan.

The Meets are:

The Armory Frosh - Novice Meet
Wednesday, January 16th, 2019 at **4:45pm**

The 168th Street Indoor Varsity Classic -
Monday, February 4th , 2019 at **4:30pm**

We are committed to trying to finish these meets by 10pm. Therefore, please be advised that sending the entry in on time does not guarantee acceptance. If the meet becomes too large we will cut off entries before the due dates..

Remember we have 3 varsity events in the Frosh Novice Meet: Distance Medley, Long Jump and Triple Jump. This will enable elite varsity athletes another opportunity to compete in the NY Armory!

We hope you and your athletes can join us for these meets in a great New York venue.

Regards,

Jacob Brown
Mike Glynn



THE ARMORY FROSH-NOVICE MEET
Wednesday, January 16, 2019

1. **Awards:** Five (5) medals in each event (individual and relay).
2. **Entry Fees:** \$7.00 per athlete, per event. \$25.00 for relays.
Make checks payable to: "Abbington Track Club."
Tax ID#: 13-4096981
3. **Entries close:** Wednesday, 1/9/19, with Mike Glynn, 19 East Lewis Avenue, Pearl River, NY, 10965.
4. For information concerning this meet:

check the web: <http://www.jacobbrown.com/EntryForms/meetinfo.htm>
or e-mail: jacob@jacobbrown.com or mike@coachglynn.com
(put Frosh-Novice in Subject line.)
5. Boarding state sanctions have been obtained for New York, Pennsylvania, and New Jersey.
6. We very seldom make changes because of weather **BUT** coaches are responsible for checking the web site the day of the meet to be sure the meet is on as scheduled.
<http://www.jacobbrown.com/>
7. List number of entrants in each event. Seeding will be done by the card method on the day of the meet. Cards will be provided. You **MAY NOT** use your own cards. Please use seed times for the events listed. Make conversions as necessary.
8. Unlimited entry in every event. A minimum measurement in the Shot Put maybe established.
9. Please bring safety pins and batons. They will not be supplied.
10. No starting blocks in this meet.
11. This is a NO SPIKE MEET! No Plastic Bottoms of any kind. See spike rules on web site. Athletes in the varsity events may wear spikes.
12. Depending upon the number of entries, the 6 jump rule may be used in PV and HJ. Also, the meet directors reserve the right to lower the bar during the competition for an athlete delayed by another event.
13. The Armory has a great food venue.
14. Entrance to The Armory is on Fort Washington Avenue between 168th and 169th streets.
15. **Parking:** Buses: Check the web site for current regulations. While cars may park on the street, it is generally non-existent. There are also two local parking lots for cars: Fort Washington Ave between 164th and 165th streets. Broadway between 176th and 177th Streets.
16. **Directions:** From GW Bridge take 178th Street exit to Broadway. Right on Broadway to 168th Street.
17. **Remember:** Entries will be closed before the due date if the meet gets too large

The Armory Frosh - Novice Meet

Wednesday January 16, 2019 4:45 pm

ORDER OF EVENTS

Girls race first followed by the boys race - frosh then novice

On the track:

4:45pm start:

Varsity Distance medley

1600 meter run

400 meter dash

4X800 meter relay

200 meter dash - final on time

800 meter run

4X400 meter relay

Field events:

Varsity Long Jump (girls then boys) & Varsity Triple Jump (boys then girls)

Shot Put - 2 circles -(3 throws - no finals) girls and boys start at 4:45.

If entries are excessive a minimum measurement standard will be established.

Long Jump - (3 jumps - no finals) girls then boys - will follow varsity event

Triple Jump - (3 jumps - no finals) boys then girls - will follow varsity event

High Jump - will begin at the conclusion of the dash finals. 2 pits - boys and girls at the same time

Pole Vault - Begin promptly at 4:30 - girls then boys - opening heights: f-girls-6', n-girls-7'
f-boys-8', n-boys-9'

Meet directors reserve the right to increase opening heights if entries warrant.

FROSH - NOVICE MEET

1/16/19

List number of entries in each event

GIRLS	Frosh	Novice	Varsity	BOYS	Frosh	Novice	Varsity
55 m	_____	_____		55dash	_____	_____	
55 HH	_____	_____		55 HH	_____	_____	
200 m	_____	_____		200 m	_____	_____	
400 m	_____	_____		400 m	_____	_____	
800 m	_____	_____		800 m	_____	_____	
1600 m	_____	_____		1600 m	_____	_____	
shot	_____	_____		Shot	_____	_____	
H J	_____	_____		H J	_____	_____	
L J	_____	_____	_____	L J	_____	_____	_____
T J	_____	_____	_____	T J	_____	_____	_____
P V	_____	_____		P V	_____	_____	
4X800r	_____	_____		4X800r	_____	_____	
4X400r	_____	_____		4X400r	_____	_____	
DistMed			_____	DistMed			_____

NOTE: **Frosh** entrants must be in **9th grade**.
 A **novice** is one who has not won a novice or varsity track medal.

_____ # of Individual Entries at \$7 = _____ _____ # of Relay Entries at \$25 = _____

ENTRIES CLOSE WEDNESDAY 1/9/19 Entries Payable to: "Abbingdon Track Club Inc"
 Tax ID#: 13-4096981
 (ENTRIES WILL CLOSE EARLY IF THE MEET GETS TOO BIG!!)

Entry Fee: **\$7 per individual event, \$25 per relay.** Total entry fees enclosed: _____

School _____

Address _____

AD fax # _____

Coach _____

Phone (Cell) _____ (home) _____ (school) _____

e-mail _____

Mail Entries to: **Mike Glynn**
19 East Lewis Avenue
Pearl River, NY 10965

Faxes accepted if entry fee or voucher brought to meet.
 fax# = 845-735-7556
NO COVER PAGES

FROSH - NOVICE MEET

1/16/19