

October, 2019

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 Frosh - Novice at The Armory
Wednesday, January 15th, 2020 at **4:45pm**

The 168th Street Indoor Varsity Classic -
Monday, February 3th , 2020 at **4:30pm**

Both of these meets have FAT results and are entered via MileSplit,

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



Entry Instruction for The Frosh Novice at The Armory Wednesday January 15, 2020

Entry to The Frosh Novice is on a **FIRST** come **FIRST** Served basis.

To Enter **YOU MUST**:

First: Fill out the Entry Summary Form. Email/Fax/orPostalMail this form to Jacob Brown, 53 Abbington Terrace, Glen Rock, NJ 07452. We will then email you a password to use when you enter your team on MileSplit. The entry form **MUST BE RECEIVED** before the password is sent.

Second: Enter your schools line up on MileSplit. Make sure your entry fee on MileSplit matches the entry fee listed on your payment form.

Third: Mail the School Payment Voucher or Entry Fee check to Jacob Brown, 53 Abbington Terrace, Glen Rock, NJ 07452

If you enter MileSplit without sending an Entry Summary Form to Jacob Brown:
WE WILL DELETE YOUR ENTRY on MileSplit.

Coaches may adjust their team entry on mile split up to Monday 1/13/2020.
Make sure your entry fee total stays the same.

Remember to Enter Early. This meet has traditionally closed well ahead of the entry deadline.

We will post a list of entered teams as we receive your entry on
www.jacobbrown.com

Remember: The Fees are **Entry Fees** not Participation Fees!

Frosh/Novice at The Armory Entry Summary Form:

1/15/20

List the number of entries:

Individual Entries at \$8 per Event: _____ X \$8 = _____

Relay Entries at \$25 per Relay: _____ X \$25 = _____

Total Entry Fee= _____

ENTRIES CLOSE SATURDAY 1/11/20

Entries Payable to: "Abbington Track Club Inc"

Tax ID#: 13-4096981

ENTRIES WILL CLOSE EARLY IF THE MEET GETS TOO BIG!

You may change your lineup on MileSplit until Monday Evening 6pm. 1/13/2020

School _____

Address _____

AD fax# _____

Coach _____

Phone
(cell) _____ (home) _____ (school) _____

e-mail _____

Entries to: Postal Mail to:
Jacob Brown
53 Abbington Terrace
Glen Rock, NJ 07452

or email PDF to:
jacob@jacobbrown.com

or Fax to:
fax# = 201-701-0242
NO COVER PAGES

Frosh/Novice at The Armory

1/15/20

THE ARMORY FROSH-NOVICE MEET
Wednesday, January 15, 2020

Meet Information

1. **Awards:** Five (5) medals in each event (individual and relay).
2. **Entry Fees:** \$8.00 per athlete, per event. \$25.00 for relays.
Make checks payable to: "Abbington Track Club."
Tax ID#: 13-4096981
3. **Entries close:** Saturday, 1/11/20, with Jacob Brown, 53 Abbington Terrace, Glen Rock, NJ 07452. NB – Paper entry to Jacob Brown, Receive Password, Then enter events on MileSplit.
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. 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 15, 2020 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 - boys then girls - opening heights: f-girls-6', n-girls-7'

(boys first this year)

f-boys-8', n-boys-9'

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