

November, 2023

Dear Coach,

We will host our Frosh/Novice meet and The Varsity Classic at The Armory on 168<sup>th</sup> Street and Fort Washington Avenue in Manhattan.

The Meets are:

The Frosh - Novice at The Armory  
Wednesday, January 17th, 2024 at **5:00pm**

The 168<sup>th</sup> Street Indoor Varsity Classic -  
Monday, February 5th, 2024 at **5:00pm**

**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 17, 2024

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 or Fax this form to Jacob Brown: [jacob@jacobbrown.com](mailto:jacob@jacobbrown.com) or 201-701-0242. 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 Purchase Order 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 1/15/2024.  
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](http://www.jacobbrown.com)

Remember: The Fees are Entry Fees not Participation Fees!

# Frosh/Novice at The Armory Entry Summary Form:

1/17/24

List the number of entries:

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

Relay Entries at \$30 per Relay: \_\_\_\_\_ X \$30 = \_\_\_\_\_

Total Entry Fee= \_\_\_\_\_

ENTRIES CLOSE SATURDAY 1/13/24

Entries Payable to: "Abbingdon 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. 1/15/2024

School \_\_\_\_\_

Address \_\_\_\_\_

AD fax# \_\_\_\_\_

Coach \_\_\_\_\_

Phone  
(cell) \_\_\_\_\_ (home) \_\_\_\_\_ (school) \_\_\_\_\_

e-mail \_\_\_\_\_

Entries to: Postal Mail Entry Fee to:  
Jacob Brown  
53 Abbingdon Terrace  
Glen Rock, NJ 07452

For password email or fax  
this form to:  
jacob@jacobbrown.com  
fax# = 201-701-0242

Frosh/Novice at The Armory

1/17/24

**THE ARMORY FROSH-NOVICE MEET**  
**Wednesday, January 17, 2024**

**Meet Information**

1. **Awards:** Five (5) medals in each event (individual and relay).
2. **Entry Fees:** \$8.00 per athlete, per event. \$30.00 for relays.  
Make checks payable to: "Abbingdon Track Club."  
Tax ID#: 13-4096981
3. **Entries close:** Saturday, 1/13/24, with Jacob Brown, 53 Abbingdon 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](mailto:jacob@jacobbrown.com) or [mike@coachglynn.com](mailto: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. Entered athletes will receive bar code stickers they will take to the clerk. Sprinters and hurdlers will be pre seeded on sheets they can see when they enter The Armory
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 168<sup>th</sup> and 169<sup>th</sup> 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 164<sup>th</sup> and 165<sup>th</sup> streets. Broadway between 176<sup>th</sup> and 177<sup>th</sup> Streets.
16. **Directions:** From GW Bridge take 178<sup>th</sup> Street exit to Broadway. Right on Broadway to 168<sup>th</sup> Street.
17. **Remember:** Entries will be closed before the due date if the meet gets too large

## The Armory Frosh - Novice Meet

Wednesday January 17, 2024 5:00 pm

### ORDER OF EVENTS

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

#### On the track:

5:00pm 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)  
Varsity will have flights then finals)

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'

(girls first this year)

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

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