

THE RIDGEWOOD WINTER GAMES at RCC
Wednesday, January 9, 2019, 4:30pm

Dear Coach,

We are pleased to announce that the Ridgewood Winter Games will take place at Rockland Community College this year on Wednesday, January 9th, beginning at 4:30 pm.

This meet offers a wide program of many track and field events. We have maintained the traditional English distances in this meet which gives a unique opportunity for athletes during the winter season.

Please duplicate this entry if your winter program has both a boys and girls coach.

We think the Ridgewood Winter Games will be a seasonal highlight for your team.

Regards,

Jacob Brown
Mike Glynn



RIDGEWOOD WINTER GAMES at RCC
ROCKLAND COMMUNITY COLLEGE, SUFFERN, NEW YORK
WEDNESDAY, JANUARY 9, 2019

1. **Awards:** Medals awarded to **TOP 5 FINISHERS** in each individual event.
Five (5) sets of medals in relays.
2. **Entry Fees:** \$7.00 per athlete, per event. \$25.00 for relays.
Make checks payable to: "Abbington Track Club Inc."
Tax ID#: 13-4096981
3. **Entries close:** Tuesday, 1/8/19, 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 Winter Games at RCC 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 all events.** (except varsity relays)
9. Please bring safety pins and batons. They will not be supplied.
10. No starting blocks in this meet.
11. No spikes are allowed at Rockland Community College Field House.
12. Depending upon the number of entries, the 6 jump rule may be used in PV and HJ and/or the opening heights may be changed. In an attempt to meet the needs of both the novice and the elite jumper/vaulter if the 6 jump rule is used the meet directors reserve the right to eliminate the six jump rule when a few elite jumpers/vaulters remain. Also, the meet directors reserve the right to lower the bar during the competition for an athlete delayed by another event.
13. There will be a refreshment and food stand.
14. **DIRECTIONS TO ROCKLAND COMMUNITY COLLEGE:** Take the NYS Thruway to Airmont Road. Follow Airmont Road north to College Road. Make a left onto College Road and proceed 1/2 mile to college and field house in on the left.
15. There will be finals in the varsity shot, long jump, and triple jump. Novice and Frosh in these events will have three attempts only.

RIDGEWOOD WINTER GAMES at RCC
Rockland Community College, Suffern, New York
Wednesday, January 9, 2019 4:30pm

ORDER OF EVENTS

4:30 Track Events

1. Varsity Boys 3200m run
2. Varsity Girls 3200m run
3. Frosh Boys 600 yard run
4. Frosh Girls 600 yard run
5. Novice Boys 600 yard run
6. Novice Girls 600 yard run
7. Varsity Boys 600 yard run
8. Varsity Girls 600 yard run
9. Varsity Boys 4X800 m relay
10. Varsity Girls 4X800 m relay
11. Frosh Boys 300 yard run
12. Frosh Girls 300 yard run
13. Novice Boys 300 yard run
14. Novice Girls 300 yard run
15. Varsity Boys 300 yard run
16. Varsity Girls 300 yard run
17. Varsity Boys 1000 yards
18. Varsity Girls 1000 yards
19. Frosh Boys 1600m run
20. Frosh Girls 1600m run
21. Novice Boys 1600m run
22. Novice Girls 1600m run
23. Varsity Boys 1600m run
24. Varsity Girls 1600m run
25. Frosh Boys 4X400m relay
26. Frosh Girls 4x400m relay
27. Novice Boys 4X400m relay
28. Novice Girls 4X400m relay
29. Varsity Boys 4X400m relay
30. Varsity Girls 4X400m relay

Awards:

Ridgewood Winter Games medal to top 5 places.

Results:

Posted on www.jacobbrown.com during the meet.

Will be sent to mile split at the conclusion of the meet.

4:30 Sprints/Hurdles – Infield

1. Frosh Girls HH – Trials
2. Novice Girls HH - Trials
3. Varsity Girls HH – Trials
4. Frosh Girls HH – Finals
5. Novice Girls HH - Finals
6. Varsity Girls HH – Finals
7. Frosh Boys 55 Dash – Trials
8. Novice Boys 55 Dash - Trials
9. Varsity Boys 55 Dash – Trials
10. Frosh Boys 55 Dash – Finals
11. Novice Boys 55 Dash - Finals
12. Varsity Boys 55 Dash - Finals
13. Frosh Boys HH – Trials
14. Novice Boys HH - Trials
15. Varsity Boys HH – Trials
16. Frosh Boys HH – Finals
17. Novice Boys HH - Finals
18. Varsity Boys HH – Finals
19. Frosh Girls 55 Dash – Trials
20. Novice Girls 55 Dash - Trials
21. Varsity Girls 55 Dash – Trials
22. Frosh Girls 55 Dash – Finals
23. Novice Girls 55 Dash - Finals
24. Varsity Girls 55 Dash - Finals

4:30pm Field Events

Shot Put : Girls Frosh, Novice, and Varsity will throw first. Boys to follow. If entry warrants a 2nd circle will be added for the boys and they will start around 5pm.

High Jump: Girls Jump first: Frosh, Novice, Varsity together: Girls open at 4', 4'3", & 4'6". Then Boys Jump: Frosh, Novice, Varsity together: Boys open at 4'6", 4'9" & 5'3".

Pole Vault: Frosh Boys open at 7', Girls open at 8', and Varsity Boys open at 10'

Long Jump/Triple Jump: we will have **Two** pits.

Pit 1:

Girls Varsity LJ – 3 jumps – no finals, then Boys Varsity LJ – 3 jumps no finals, then Frosh Boys & Girls LJ – 3 jumps.

Pit 2:

Boys Varsity TJ – 3 jumps – no finals, then Girls Varsity TJ – 3 jumps no finals, then Frosh Boys & Girls TJ – 3 jumps.

WINTER GAMES @ RCC

1/9/19

List number of entries beside each event:

GIRLS

Varsity events	Novice Events	Frosh Events
55m ____	55 m ____	55 m ____
55H ____	55H ____	55H ____
300y ____	300y ____	300y ____
600y ____	600y ____	600y ____
1000y ____	1 mile ____	1 mile ____
1 mile ____	Shot ____	Shot ____
2 mile ____	HJ ____	H J ____
4X400r ____	4X400r ____	4X400r ____
4X800r ____		LJ ____
Shot ____		TJ ____
H J ____		
P V ____		
L J ____		
T J ____		

BOYS

Varsity Events	Novice Events	Frosh Events
55m ____	55m ____	55m ____
55H ____	55H ____	55H ____
300y ____	300y ____	300y ____
600y ____	600y ____	600y ____
1000y ____	1 mile ____	1 mile ____
1 mile ____	Shot ____	Shot ____
2 mile ____	HJ ____	H J ____
4X400r ____	4X400 ____	P V ____
4X800r ____		4X400 ____
Shot ____		LJ ____
H J ____		TJ ____
P V ____		
L J ____		
T J ____		

NOTE: **Frosh** entrants must be in **9th grade**. **Novice** entrants must have not won a medal.

____ # of Entries at \$7 = _____

____ # of Entries at \$25 = _____

ENTRIES CLOSE TUESDAY 1/8/19

Entries Payable to: "Abbington Track Club Inc"
Tax ID#: 13-4096981

Entry Fee: **\$7 per 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

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