THE RIDGEWOOD WINTER GAMES at RCC
Thursday, January 14, 2027, 4:30pm

Dear Coach,

Welcome to the Winter Games! All the standard Track & Field events will be contested with many frosh and novice divisions. Your whole team can have a great evening at Rockland Community College.

We look forward to seeing you on January 14th.

Regards,

Jacob Brown
Mike Glynn

RIDGEWOOD WINTER GAMES at RCC
ROCKLAND COMMUNITY COLLEGE, SUFFERN, NEW YORK
THURSDAY, JANUARY 14, 2027

1. **Awards:** Medals awarded to **TOP 5 FINISHERS** in each individual event.
Five (5) sets of medals in relays.

2. **Entry Fees:** $9.00 per athlete, per event. $30.00 for relays.
Make checks payable to: "Abbington Track Club Inc."
Tax ID#: 13-4096981

3. **Entries close:** Tueday, 1/12/27, 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 coachmikeglynn@hotmail.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.

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 finals in the varsity shot, long jump, and triple jump. Novice and Frosh in these events will have three attempts only.

14. There will be a refreshment and food stand.

15. **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.

RIDGEWOOD WINTER GAMES at RCC
Rockland Community College, Suffern, New York
Thursday, January 14, 2027 4:30pm

ORDER OF EVENTS

4:30 Track Events
1. Varsity Boys 3200m run
2. Varsity Girls 3200m run
3. Frosh Boys 400m run
4. Frosh Girls 400m run
5. Novice Boys 400m run
6. Novice Girls 400m run
7. Varsity Boys 400m run
8. Varsity Girls 400m run
9. Varsity Boys 4X800m relay
10. Varsity Girls 4X800m relay
11. Frosh Boys 200m run
12. Frosh Girls 200m run
13. Novice Boys 200m run
14. Novice Girls 200m run
15. Varsity Boys 200m run
16. Varsity Girls 200m run
17. Varsity Boys 800 meters
18. Varsity Girls 800 meters
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. Varsity will have finals.

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 – will have finals, then Boys Varsity LJ – will have finals, then Frosh Boys & Girls LJ – 3 jumps.
Pit 2:
Boys Varsity TJ – will have finals, then Girls Varsity TJ – will have finals, then Frosh Boys & Girls TJ – 3 jumps.

WINTER GAMES @ RCC 1/14/27

List number of entries beside each event:

GIRLS

Varsity events	Novice Events	Frosh Events
55m ___	55 m ___	55 m ___
55H ___	55H ___	55H ___
200m ___	200m ___	200m ___
400m ___	400m ___	400m ___
800m ___	1600m ____	1600m ____
1600 ___	Shot ____	Shot _____
3200 ___	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 ____
200m ____	200m ___	200m ____
400m ___	400m ___	400m _____
800m ___	1600m _____	1600m _____
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 $9 = _____ _____# of Relay Entries at $30 = _____

ENTRIES CLOSE TUEDAY 1/12/27 Entries Payable to: “Abbington Track Club Inc”2
Tax ID#: 13-4096981

Entry Fee: **$9 per event, $30 per relay.** Total entry fees enclosed: _____

School _____

Address _____

AD fax#_____

Coach _____

Coach’s Cell Phone_____School Phone _____

Coach’s e-mail _____

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

Email pdf accepted
if entry Fee
or Purchase Order
brought to meet.
coachmikeglynn@hotmail.com

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