

THE 168th STREET INDOOR VARSITY CLASSIC

Monday, February 4, 2019

1. We will use FAT for the Varsity Classic this year. All participants will receive a posted FAT result. All measured field event performances will be recorded and posted in the results. Also relay splits will be posted with the relay results.
2. The Events are: 55m, 55H, 200m, 400m, 800m, 1600m, 3200m, 4x400m, 4x800m, Distance Medley, Long Jump, Triple Jump, High Jump, Pole Vault, Shot Put
3. Send your entry summary form to Mike Glynn and enter the events on MileSplit. Please note the following event limits: 1 team per relay, 1 individual in the 3200 meter run, 3 individuals in all other events except the LJ and TJ. Unlimited entries in the LJ and TJ.
4. In the Distance Medleys we will accept the first 33 teams that enter. We will keep an up to date list posted on www.jacobbrown.com and post when the event is closed.
5. In the 3200m run we accept the top 18 runners who check in for the meet by 4:00. We will use the performance list on MileSplit to determine seed order. If your entry is not accepted into the 3200m you may run the 1600m later in the meet.
6. Seeding: The Armory has a fabulous new online seeding application. You can check seeding on your smart device as the meet progresses. The Dash, Hurdle, and Field events will be pre-seeded before the meet begins. We will also post seeding in the traditional way in the clerking area. When your event is called the clerks will then direct the athletes to the event.
7. Coaches Packet will contain bar coded Name/Team stickers for each athlete entered in an event on the oval (200, 400, 800, 1600, 3200, 4x4, 4x8, & DM). 55 & 55H are pre-seeded and athlete's names are on the posted heat sheets. In the field events, athlete's names are on the officials result sheets and field athletes just need to check in at the venue.
8. **Entries close:** Wednesday, 1/30/19, with Mike Glynn, 19 East Lewis Avenue, Pearl River, NY, 10965. **Will close earlier if meet becomes too large.**
9. **Awards:** Five (5) medals in each event (individual and relay).
10. Entry Fees: \$7.00 per athlete, per event. \$25.00 for relays. Remember: The Fees are Entry Fees not Participation Fees!
Make checks payable to: "Abbingdon Track Club Inc."
Tax ID#: 13-4096981
11. Boarding state sanctions from New York, Pennsylvania, and New Jersey will be applied for. Coaches need to check with their state association prior to the meet for final approval.
12. Entrance to The Armory is on Fort Washington Avenue between 168th and 169th streets.
13. **Parking:** Buses: See web site for current regulations. There are two local parking lots for cars: Fort Washington Ave between 164th and 165th streets. Broadway between 176th and 177th Streets.
14. For further 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 Varsity Classic in the Subject line.)