

THE PAUL SCHWARTZ INVITATIONAL

Dear Coach:

Enclosed is the entry to the 12th Annual "Paul Schwartz Invitational". This meet has been named after Paul for all the years of service and dedication as a reporter for the Record newspaper. The meet will offer events for the novice athlete as well as for the outstanding ones. Please read the meet information carefully.

See you on the 15th,
Mike, Tom and Brian
Meet Directors

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1. Date: **January 15, 2010** Site: **F.D.U.** Field House, Hackensack
Time: **4:30 P.M.** **DOORS OPEN at 4:00 P.M. NO SPIKES!!**
 2. The **Distance Medley** and **1600 meter** races will be limited to the top twelve teams or individuals. Paul Schwartz will be responsible for making these selections. In the Distance Medley, any team that is not accepted will automatically be placed in the 3200 meter relay. In the 1600 meter run any athlete who is not accepted will be automatically placed in the 800 meter run. Both the Distance Medley and 1600 meter run will be run in the outside 4 lanes, which are the **200 meter lanes**.
 3. Entry Fee for the meet is \$7.00 per athlete, per event, and \$20.00 per relay.
 4. Entry is due: **January 7, 2010**
 5. Order of events:
 1. 55 meter dash (girls first) 55 meter hurdles (boys first)
 2. Distance Medley (Varsity only-top 12 teams)
 3. 3200 meter relay (Varsity only)
 4. 800 meter novice and frosh
 5. 300 meter dash
 6. 1600 meter run (Varsity only-top 12 selected)
 7. 800 meter run (Varsity only)
 8. 1600 meter relays

In all events the running order will be:

- Varsity Boys
- Varsity Girls
- Novice Boys
- Novice Girls
- Freshmen Boys
- Freshmen Girls

6. Questions? Call: Brian Rodak in the evening (973) 831-2412
Tom Zaccone in the evening (201) 529-8217
Mike Glynn during the day (845) 735-7514

The Paul Schwartz Invitational Entry Form:

1/15/10

School _____

Coach _____ Coach's Home Phone _____

Do NOT enter the names on the entry blank, simply the number of entries in each event.
 Unlimited entries in every event, except **Varsity Relays only one per school.**

Event	Open Boys	Open Girls	Novice Boys	Novice Girls	Frosh Boys	Frosh Girls
55 meter dash						
55 meter hurdles						
300 meter dash						
800 meter run						
1600 meter run	The top 12 will be selected the night of the meet					
Distance Medley		Place seed time in box			XXXXXX	XXXXXXXX
1600 meter relay						
3200 meter relay			XXXXXXXXXX	XXXXXX	XXXXXX	XXXXXXXX

Entries Close: **January 7, 2010**

Mail To: Mike Glynn
 19 East Lewis
 Pearl River, NY 10965

_____ X \$7.00 (individual per event) = _____

_____ X \$20.00 per relay = _____

Total Entry = _____

Make Checks Payable to: **Bergen Track Association**

Fax# 845-735-7556

Cards will be provided – You **MAY NOT** use your own cards!!

Important Meet Information

NEW MONDO TRACK

1. Please have your athletes report to the clerk, when the event is called. Please seed your athletes to what they are going to run tonight – this makes for a better meet.
2. Please Coaches – make sure your team area is clean before leaving – this will help us maintain our good relation with F.D.U. It would also help to remind your athletes not to deface/destroy the bathrooms/etc.
3. **Medals:** Top six in all races!
4. **No Spikes!** No Tape on floor! No Foot Blocks!
5. **NEW** – In the 55 meter dash we are going to seed the top 70 runners in the event- this prevents quarterfinals – all other athletes 71 and up will compete, but not advance.
In the 55 meter hurdles - 54 runners we will be seeded – Questions – just ask.