

# *NYC Gotham Cup*

January 13<sup>th</sup>, 2012

## Meet Information

### Meet Information:

Date: Friday January 13<sup>th</sup>, 2012

Time: 1:00pm Track, 1:00pm Field

Site: New Balance Track and Field Center,  
168<sup>th</sup> St, NYC

Meet Director Nick McDonough, [npm2run@aol.com](mailto:npm2run@aol.com), 212-998-2051

### Procedure for Entries:

All entries will be done at [www.directathletics.com](http://www.directathletics.com).

You must register your roster, and then follow the directions to enter each person in each event. The directathletics entry system will only allow you to enter as the meet set up dictates. Please follow directions, you can edit your entries right up until the deadline.

**Entry Deadline** is Tuesday January 10<sup>th</sup> at 8pm.

If you have confirmed your participation in this event, your school will have been given to [www.directathletics.com](http://www.directathletics.com), and you will be able to enter.

We will allow some post-collegiate athletes to compete, they should contact me via email or phone, for acceptance into the meet, and a password to enter online.

We will be using the TFRRS system and uploading results to the NCAA lists.

### Seed Times

We ask that you use current PR's, and current fitness level. We will be checking to make sure all those in the seeded sections belong there.

### New Time Schedule:

We have changed the time schedule this year to try and highlight the main events, and also give the top athletes a better chance for early season qualifying marks. We have moved all the 3k and 5k's to the end of the meet, to allow teams to plan travel by event if need be. We will try to stay on time in the earlier portion of the meet as well, and will not go ahead more than 30 minutes. After final entries are in, a revised time schedule will be sent out and posted. There will not be any changes in the order of events.

### Number of Entries:

Each team will be limited to a number of entries per event.

60-1000 meter 3 per school, per gender

Mile/3k 3 per school, per gender

5000 Men standard 15:30, Women standard 18:45

Field Events Throw's- 2 per school, Top 48total Jumps- 3 per school, per gender

Anyone looking to add an extra body here or there should contact, Nick McDonough.

## **Entry Fee's:**

There will be a flat team fee this year, **\$350** per team (men and women separate)

Schools with less than 10 athletes per gender may pay per entry, **\$20 per event.**

Open athletes will be asked to pay online when entering. **\$25 per relay**

You can either mail a check to me pre-meet or bring cash or check with you.

You may also pay by credit card on Directathletics a link will come up when you finish your entries to allow you to pay online via credit card.

Mail check to: Nick McDonough Meet Director

Made out to : 205 Windermere Ave  
Interlaken, NJ 07712

**All Checks should be made out to Nick McDonough, not NYU.**

This is about what most paid last year, and makes it much easier on us. Please remember the costs associated with holding an event such as this at the Armory.

## **Selection of Entries:**

The *NYC Gotham Cup* will be an Open Invitational Meet with the goal being to provide some very competitive races. This meet is designed as an early season meet, for those looking for competition at all levels. There will be seeded heats for those looking to run fast for IC4A or NCAA level times. We will be accepting a combination of entries from all levels, including open athletes. We will try to accept as many people as possible who wish to run. Consideration will be given to those teams who have supported our xc and track meets in the past.

## **Limited Competition and Goal of the NYC Gotham Cup.**

It is our goal to put on a meet that is competitive in nature, while being limited in time. We have the Armory Facility for a certain length of time, and by so doing must limit the number of entries per event. We hope to be able to accommodate everyone who wishes to compete. Please use accurate seed times, not what the kid wishes he could run. This will allow us to have competitive and fair heat seeding. We reserve the right to place athletes in higher heats if meet management feels there is a seeding discrepancy. We reserve the right to cancel any event for lack of entries. We hope we will not have to cut any entries from events, so please scratch down on Directathletics, before entries close.

**Lastly and most important, I encourage coaches to email or call me with any special situations, or to inquire which events might have people looking to run similar times as your athletes. We hope to be most accommodating to any requests you might have.**

## **Small Print**

\*Directions to the 168<sup>th</sup> St. Armory can be found on [www.armorytrack.com](http://www.armorytrack.com) website.

\*Any Questions please call, Nick McDonough 212-998-2051

\*Armory is a 6 lane, banked Mondo Surface, requiring spikes ¼ pyramid or smaller. Spikes will be checked by Armory Personnel.

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1/13/12

## Order of Events

**Track Events** (women then men) FINAL time schedule after entries close.

1:00pm	60 Hurdles	trials
	Mile	unseeded
	60 meter	trials
	400m	Final
	500m	Final
	800m	unseeded
	1000m	Final
	Mile	Seeded
	800m	Seeded
	60 Hurdle Finals	(top 16 from trials)
	60 Dash Final	(top 16 from trials)
	4x400 relay	Final
	4x800 relay	Final
	DMR	Final
	Women's 3000	Final
	Men's 3000	Final
	Women's 5000	Final
	Men's 5000	Final

## Field Events

12:30pm	Women's Pole Vault, Men's Vault to follow
1:00pm	Men's and Women's Seeded LJ (using dual runways) Unseeded LJ to follow Seeded (4 <sup>th</sup> jump to anyone who would be top 6 in the seeded sections)
12:30pm	Men's Shot seeded (top 24), Men's Unseeded (24) to follow Women's Seeded (top 24) then Unseeded Shot to follow Weight Throws to follow Shot (top 24 weight throwers)
5:30pm???	Men's and Women's Seeded Triple Jump Boards w-36' m-44' Unseeded Flights of TJ to follow W- boards 28'/32' M- 36'
Following Dash Trials	Men's HJ , Women's HJ -dual mat's Starting Heights M- 1.86m W- 1.50

