

# **BIG APPLE INVITATIONAL**

**SATURDAY, FEBRUARY 7, 2026**

**OCEAN BREEZE TRACK & FIELD CENTER**  
**3:00 PM – 10:00 PM**

## **UPDATED MEET SCHEDULE**

**Order of Events – All events are Women followed by men fast to slow except where noted:**

**Track 3:00 pm start \*\* - Meet will run on running schedule – with as little down time as possible**

60 H	<b>Women followed by Men</b>	Prelims – Top 8 times advance to the final
60m		Prelims – Top 8 times advance to the final
60 H	<b>Men followed by women</b>	Final
60m		Final
One Mile Run		Final
400m		Final
800m		Final
200m		Final
3,000m		Final
4x400m relay		Final

## **Field Events**

3:00 pm	Women's Weight Throw (men – 30 minutes after women)
	Women's Shot Put (women followed by men) (30 minutes after men's Weight Throw)
3:00 pm	Both Men's & Women's Long Jump (dual pits) (Men are on the sprint/hurdle side pit, Women are on the track side pit)
	Both Men's & Women's Triple Jump (dual pits) (30 minutes after Long Jump) (Men are on the sprint/hurdle side pit, Women are on the track side pit)
3:15 pm	Women's Pole Vault (men – 1 hour after Women's Pole Vault)
5:00 pm	Both Men's & Women's High Jump (dual pits)

All Final running events are run **fast to slow**.

Check-in/Scratches: All entries and scratches must check-in or scratch at the check-in table 2 events up front of the event. Please circle number next to name to check-in and cross out name to scratch. Report back to clerks table when announced for lane assignments & hip numbers.

**This meet is open to all college/university teams, open, club, red-shirt and unattached athletes. Meet entry does not guarantee acceptance.**

Please direct all meet information questions, all seeding and all entry questions to:

Meet Director: Todd Wolin [wolintodd@gmail.com](mailto:wolintodd@gmail.com) 518-265-9388

**Entry: All ENTRIES MUST go through [www.directathletics.com](http://www.directathletics.com). Entries close at 9:00 pm on Tuesday, February 3, 2026.**

Only performances from December 1, 2025 through Sunday, February 2, 2026 will be acceptable in all events, including High School performances for Freshmen.

**All seeds must be available on TFRRS from this year or last year. Those that do not have tfrrs marks must send link for proof of performance – you may use senior year of HS performances for Freshmen.**

**Please do not down seed athletes, we want the best in the faster sections. Please do not be concerned with doubling your athletes, let them run where they belong.  
I will condense heats/sections where needed.**

**Entry Fees: Please remember this is an entry fee, not an acceptance fee.**

**\$40 per individual event**

**\$150 per relay**

**Late Entry Fee:**

**\$25 cash late fee for all entries received after close of online entries at 9:00 pm on February 3, 2026.**

**College/University: Payment is on Direct Athletics by close of entries on February 3<sup>rd</sup>.**

**\$1,250 per gender maximum for college teams**

Check made out to: Todd Wolin  
1 Ivy Court  
Ballston Lake, NY 12019

**Open/Club/Red-Shirts/Unattached:**

**MUST pay through [www.directathletics.com](http://www.directathletics.com) to complete your entry – no team maximum.**

A descending order list will be sent to all Coaches (I use the email addresses that are listed Direct Athletics) for review and scratches. I will send updates and let people know if someone moves into the meet after scratches.

Please send scratches as you have up until 10:00 pm on Friday, February 6th.

All other scratches should be done on meet day at the facility.

**Event entry limits (Men / Women)**

**All performances must be verifiable via TFRRS or link to results from 12/1/2025-2/2/2026 (I check every entry that is not listed on Direct Athletics or does not have a link to a result). If I cannot verify a performance, the athlete goes to the bottom of the entry list.**

**Running events:**

All running event entries will be accepted with the only exception top 60 only in the 3K's.

60m – all entries

200m – all entries

400m – all entries

800m – all entries

One Mile Run – all entries

3,000m – top 60 entries

60m HH – all entries

4x400m – unlimited entries – multiple teams are permitted (B, C, D teams....)

**Field events:**

High Jump – top 25 entries (1 flight)

Pole Vault – top 25 entries (1 flight)

Long Jump – top 32 entries (2 flights of 16) (top 9 to the finals)

Triple Jump – top 32 entries (2 flights of 16) (top 9 to the finals)

Weight Throw – top 42 entries (Lowest seeds - short cage) (top 9 overall to the finals in long cage)

Shot Put – top 42 entries (Lowest seeds - short cage) (top 9 overall to the finals in long cage)

**Spectators:**

Adult - \$10

Children (Under 15) - \$5

Under 5 – No Free

**Scoring – No Team Scoring**

**Parking is in Lot 9**

**Throws/Horizontal Jump Warm-ups:** 15 minutes per flight

**Implement weigh-in:** Upon facility opening by the throws cage

**Throws order**

**Women's Weight Throw - 1<sup>st</sup> Throw is @ 3:00 pm**

**Men's Weight Throw – after Women's Weight Throw**

**Women's Shot Put – after Men's Weight Throw**

**Men's Shot Put – after Women's Shot Put**

**15 minute warm-up for each flight and 10 minute warm-up prior to final (if needed) – finals will be contested in long cage – top 8 to final**

**For the throws, the cage each flight will be contested will be noted prior to competition – there is space in the flights to move someone to the long cage if they are hitting the fence in the short cage.**

**Horizontal Jumps**

**Long Jump – 1<sup>st</sup> Jump is @ 3:00 pm** (Men and women compete on dual pits)

**Triple Jump – 1<sup>st</sup> Jump is 30 minutes after Long Jump** (Men and women compete on dual pits)

**15 minute warm-ups for each flight and 10 minute warm-up prior to final (if needed)**

**Vertical Jumps: Opening height and progressions will be based on entries**

**Women's Pole Vault (Women – runway opens at 2:30 pm) – 1<sup>st</sup> Vault is @ 3:15 pm** (45 minute warm-up)

**Men's Pole Vault (Men – runway opens after Women's vault) – 1<sup>st</sup> Vault is 1 hour after Women's PV is completed** (45 minute warm-up)

**Women's & Men's High Jump – 1<sup>st</sup> Jump is @ 5:00 pm** (On dual pits)