

THE THIRTEENTH ANNUAL GANDER INVITATIONAL
SATURDAY, APRIL 9th 2016

10:00 AM Start for All Track and Field Events

Dear Coach: The Rondout Valley Track Booster Club and the Rondout Valley Track Teams would like to invite you to participate in our 13th Annual Gander Invitational.

Cost: \$300 per school (Boys and Girls) **Contact:** Jake Maloney –School 845-687-2400 x 4241
 \$150 per single team Home 845-706-3297
Rondout Athletics Fax : 687-0998

Head Coach Should Email: jmaloney@rondout.k12.ny.us to reserve a spot for your team prior to sending payment. Entry info will be sent to coaches via e-mail.

Payment: Send voucher or check payable to : **Rondout Valley Track Booster Club**

C/O Jake Maloney
Rondout Valley Athletics
Rondout Valley Central School
PO Box 9 Accord, NY 12404

Awards: Top 6 in all events receive medals. Top three teams receive trophies.
Scoring: Top 8 places score for team. Points: 10-8-6-5-4-3-2-1

Entries: Coaches will be sent an excel file to fill out and return via e-mail.

Deadline: April 1st 2016

Refreshments: Healthy snacks and lunch available courtesy of the Rondout Valley Lacrosse Booster Club

Meet t-shirts and sweatshirts will also be for sale while supplies last.

SEED TIMES AND SEEDED RACES

For many teams, our meet is the first competition of the spring season. For that reason, we strongly recommend teams **use seed times from last spring season** for your top athletes. Please estimate **realistic** seed times for freshmen and newcomers.

Athletes may score from unseeded races based on time. Regardless of seed times, only the top 3 athletes per team will be in the seeded section. All others will be placed in unseeded. 1500/1600 seeded sections will be decided based on a natural break and/or safe number of athletes.

Top 32 seeds in 100 and Sprint Hurdles will run semi-finals to advance to final. **Top 2** in each heat advance to finals. All other seeds will run trial heats with no possibility of advancing.

MEET RULES AND MISC.

1. Unlimited entries in all individual running and field events (Max 4 per athlete).
2. ¼ inch spikes (max) allowed.
3. Competitors in all field events will be allowed 3 attempts. No finals.
4. Field Event competitors may compete in Frosh/Soph or Varsity not both for same event.
5. All track competitors will check in with the clerk of the course when their event is called.
6. All events will be scored.
7. Schools may enter more than one team for Frosh/Soph. but only one can score. **One relay team only for “Varsity Relays”.**

FIELD EVENTS

Warm Ups and Steps for Field Events will begin **30 min** prior to start times

Long Jump: 10:00-11:30 Frosh/Soph. Girls and Boys, 2 runways / open pit
12:00-2:00 Varsity Girls and Boys, 2 runways / open pit

Triple Jump: 2:30-3:30 Varsity Girls and Boys, 2 runways / open pit

High Jump: 10:00-12:30 Frosh/Soph. & Varsity Girls – Opening Height 3’6” up 3 to 4’
Approx. 1:00-3:30 Frosh/Soph. & Varsity Boys—Opening Height 4’6” up 3 to 5’
Note: Frosh/Soph. and Varsity will jump together but be scored separately

Pole Vault: 10:00-12:30 Varsity Boys- Opening Height 8’
1:00-3:30 Varsity Girls- Opening Height 6’

Shot: 10:00-12:30 Frosh/Soph. and Varsity Girls Javelin: to follow Shot/Disc if time permits
1:00- 3:30 Frosh/Soph. and Varsity Boys

Discus: 10:00-12:30 Varsity Boys
1:00-3:30 Varsity Girls

Running Events (in order of competition)

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| 1) 400 Unseeded-Girls | 19) 100 HH Finals- Girls |
| 2) 400 Unseeded-Boys | 20) 110 HH Finals- Boys |
| 3) 1500 Unseeded-Girls | 21) 100 Finals Girls |
| 4) 1600 Unseeded-Boys | 22) 100 Finals Boys |
| 5) 110 HH Semis – Boys | 23) 2000 Steeplechase |
| 6) 100 HH Semis – Girls | 24) 3000 Steeplechase |
| 7) 100 Semis – Girls | 25) 400 IH Girls |
| 8) 100 Semis – Boys | 26) 400 IH Boys |
| 9) 3000 Run – Girls | |
| 10) 3200 Run – Boys | Varsity Relays (1 team only) |
| 11) Frosh/Soph. 3200 (4 x 800) Girls | 27) 3200 Relay (4x800) Girls |
| 12) Frosh/Soph. 3200 (4 x 800) Boys | 28) 3200 Relay (4x800) Boys |
| 13) Frosh/Soph. 800 (4 x 200) Girls | 29) 400 Relay (4x100) Girls |
| 14) Frosh/Soph. 800 (4 x 200) Boys | 30) 400 Relay (4x100) Boys |
| 15) 400 Seeded 2 heats (Top 16) - Girls | 31) 1600 relay (4x400) Girls |
| 16) 400 Seeded 2 heats (Top 16) - Boys | 32) 1600 relay (4x400) Boys |
| 17) 1500 Seeded – Girls | |
| 18) 1600 Seeded – Boys | |

Meet Registration Deadline--- April 1, 2016