

FIELD EVENTS

Warm Ups for Field Events will begin approx. **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 may 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: Following Shot and Disc
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)

- | | |
|--------------------------------|---------------------------------|
| 1) 3000 Run – Girls | 13) 1500 Meter – Girls |
| 2) 3200 Run – Boys | 14) 1600 Meter – Boys |
| 3) 400 Meter – Girls | 15) 100 HH Finals- Girls |
| 4) 400 Meter –Boys | 16) 110 HH Finals- Boys |
| 5) 110 HH Semis – Boys | 17) 100 Finals Girls |
| 6) 100 HH Semis – Girls | 18) 100 Finals Boys |
| 7) 100 Semis – Girls | 19) 400 IH Girls |
| 8) 100 Semis – Boys | 20) 400 IH Boys |

Frosh/Soph. Relays (only one team can score)

- 9) Frosh/Soph. 3200 (4 x 800) Girls
- 10) Frosh/Soph. 3200 (4 x 800) Boys
- 11) Frosh/Soph. 800 (4 x 200) Girls
- 12) Frosh/Soph. 800 (4 x 200) Boys

Varsity Relays (only one team can score)

- 21) 3200 Relay (4x800) Girls
- 22) 3200 Relay (4x800) Boys
- 23) 400 Relay (4x 100) Girls
- 24) 400 Relay (4x100) Boys
- 25) 1600 relay (4x400) Girls
- 26) 1600 relay (4x400) Boys

MileSplit Meet Registration Deadline--- April 26, 2019

2019 Rondout Valley Gander Invitational Entry Form

Cost: \$350 Both Teams
\$175 Each Team
\$15 Per Individual

School Name _____

Check One: Boys _____ Girls _____

Both _____

Coaches Contact Information

Name _____

Phone # _____

FAX # _____

Email _____

Make Checks Payable to: **Rondout Valley Track Booster**

Mail Entry and Check by April 12th 2019

To: Rondout Valley Athletic Dept.

C/O Jake Maloney

PO Box 9

Accord N.Y. 12404

Email jmaloney@rondout.k12.ny.us to reserve your spot

RV Athletics Fax – 845-687-0998

Questions About Payment Call Jake Maloney at: 845-706-3297