THE SIXTEENTH ANNUAL GANDER INVITATIONAL SATURDAY, APRIL 27th 2019

10:00 AM Start for All Track and Field Events

The Rondout Valley Track Booster Club and the Rondout Valley Track Teams would like to invite you to participate in our 15th annual Gander Invitational.

Email: <u>jmaloney@rondout.k12.ny.us</u> ASAP to reserve a spot for your team prior to sending payment.

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

See attached payment form

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: All entries done on MileSplit

Deadline: Entries must be entered on MileSplit by Friday April 26th 2019

Refreshments: Healthy snacks and lunch will be available

Meet t-shirts and sweatshirts will also be for sale provided by Fine Designs.

SEED TIMES AND SEEDED RACES

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 8 overall** times 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. All track events with no semis will be run slowest to fastest.
- 3. ½ inch spikes (max) allowed.
- 4. Competitors in all field events will be allowed 3 attempts. No finals.
- 5. Field Event competitors may compete in Frosh/Soph or Varsity not both for same event.
- 6. All track competitors will check in with the clerk of the course when their event is called.
- 7. All events will be scored.
- 8. Schools may enter more than one team for the relays but only one can score.
- 9. Only competing athletes and officials are allowed in the infield. All other athletes are to remain outside of the fence.

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)

Varsity Relays (only one team can score)

9) Frosh/Soph. 3200 (4 x 800) Girls	21) 3200 Relay (4x800) Girls
10) Frosh/Soph. 3200 (4 x 800) Boys	22) 3200 Relay (4x800) Boys
11) Frosh/Soph. 800 (4 x 200) Girls	23) 400 Relay (4x 100) Girls
12) Frosh/Soph. 800 (4 x 200) Boys	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