

RONDOUT VALLEY MODIFIED INVITATIONAL

FRIDAY, APRIL 22nd, 2022



The Rondout Valley Track Booster Club and the Rondout Valley Track Teams would like to invite you to participate in our inaugural modified track & field invitational at RV's new track and field facility.

-Fully Automated Timing (FAT) by Fulton Accurate Timing for all finishes

Start Time:

4:30 PM Coaches Meeting & Check-Ins

4:45 PM Start for Running & Field Events

Event Information:

Meet Entries: Please enter ALL athletes on Milesplit by 12:00 p.m. on Friday, April 22nd. Times and marks entered will be used to seed the meet. Unlimited entries for all events. Three attempts for all field events.

Spikes: ¼ inch spikes are permitted for all events.

Food: Concession stands and restrooms will be available for all athletes and spectators.

Running Events

(in order of competition)

girls followed by boys

55m Hurdles (8 entries per school)

800m Run (4 entries per school)

100m Dash (8 entries per school)

200m Hurdles (4 entries per school)

400m Run (4 entries per school)

1500m Run (4 entries per school)

4x100 Relay (1 team per school)

4x200 Relay (1 team per school)

Field Events

Long Jump (4 entries per school)

Triple Jump (4 entries per school)

High Jump (4 entries per school)

Shot Put (4 entries per school)

Discus (4 entries per school)

2022 Rondout Valley Gander Invitational Entry Form

**Cost: \$200 Both Teams OR
\$110 Each Team**

School Name _____

Check One: Boys Only _____ Girls Only _____
Boys and Girls Teams _____

Coaches Contact Information

Name _____

Phone # _____

Email _____

Make Checks Payable to: Rondout Valley Track Booster

Mail Entry and Check by April 15th, 2022

To: Rondout Valley Athletic Dept.

C/O Andrew Ugolino

PO Box 9

Accord N.Y. 12404

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

RV Athletics Fax – 845-687-0998

Questions About Payment Call Andrew Ugolino at: 845-901-7296