

# THE EIGHTEENTH ANNUAL GANDER INVITATIONAL

## SATURDAY, APRIL 22nd 2023

### 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 18th Annual Gander Invitational.

**Cost:** \$450 per school (Boys and Girls)      **Contact:** Jake Maloney –School 845-687-2400 x 4241  
\$225 per single team      Cell 845-706-3297

**Email:** [jmaloney@rondout.k12.ny.us](mailto:jmaloney@rondout.k12.ny.us) 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 3 in all events receive medals. Top three teams receive plaques  
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 21st 2023

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

### SEED TIMES AND SEEDED RACES

1500/1600 sections will be decided based on a natural break and/or safe number of athletes

Steeplechase is back with our new UCS Barriers and water jump pit.

Athletes in 100 and Sprint Hurdles will run semi-finals to advance to the final. **Top 8 overall** times advance to finals.

### MEET RULES AND MISC.

1. Limit 6 entries in all individual running and field events (Max 4 per athlete).
2. Throwers 55 dash (Max 2 per team) is for throwers who participate in both throwing but NO other events. **Award:** One dozen donuts to share with the squad.
3. All track events with no semis will be run fast to fastest.
4. ¼ inch spikes (max) allowed.
5. Competitors in all field events will be allowed 3 attempts. No finals.
6. Field Event competitors may compete in Frosh/Soph **or** Varsity not both for the same event.
7. Schools may enter more than one team for the relays but only one will be seeded and score.

## FIELD EVENTS

Times listed are approximate

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  
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
- 2) 3200 Run – Boys
- 3) 110 HH Semis – **Boys**
- 4) 100 HH Semis – **Girls**
- 5) 100 Semis – Girls
- 6) 100 Semis – Boys
- 7) 100 HH Finals- **Girls**
- 8) 110 HH Finals- **Boys**
- 9) 100 Finals Girls
- 10) 100 Finals Boys
- 11) 400 IH Girls
- 12) 400 IH Boys
- 13) Frosh/Soph. SMR (4,2,2,8) Girls
- 14) Frosh/Soph. SMR (4,2,2,8) Boys
- 15) 2000 Steeplechase
- 16) 3000 Steeplechase

- 17) 400 Meter – Girls
- 18) 400 Meter –Boys
- 19) 1500 Meter – Girls
- 20) 1600 Meter – Boys
- Non Scoring: Throwers “Dunkin Donuts” 55 Dash

### Varsity Relays

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

MileSplit Meet Registration Deadline--- April 21, 2023

# 2023 Rondout Valley Gander Invitational Entry Form

Cost: \$450 Boys and Girls Teams  
\$250 Each Team      Boys Only \_\_\_\_\_ Girls Only \_\_\_\_\_

Note: This is an entry fee, not a participation fee.

School Name \_\_\_\_\_

## Coaches Contact Information

Name \_\_\_\_\_

Phone # \_\_\_\_\_

Email \_\_\_\_\_

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

Mail Entry and Check by April 7<sup>th</sup> 2023

To: Rondout Valley Athletic Dept.

C/O Jake Maloney

PO Box 9

Accord N.Y. 12404

Email [jmaloney@rondout.k12.ny.us](mailto: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