

9th Annual
Race at the Oval Office
Saturday, May 4th, 2024
FDR High School - Hyde Park, NY



You are formally invited to the 9th annual Race at the Oval Office! We hope for fast times and great competition!

Access Meet Entry Through ny.milesplit.com

Entries will open on 2/6/24 and close on 5/3/24

Only scratches will be accepted on race day!

ENTRIES:

- Each school will be permitted 3 entries per individual event and 1 entry per relay.
- Individuals can be entered in a maximum of 4 events.
- Scratches can be made the morning of the meet upon arrival. ***No additions will be accepted on race day!***
- Freshmen/Sophomore races will take place in the morning and the Varsity portion of the meet will take place once they are completed. Athletes may participate in both portions of the meet for running events only.
- Be as accurate as possible with athlete/relay seed times.
- Make sure when you are entering your athletes online that they are entered in the correct portion of the event (Freshmen/Sophomore or Varsity).

SCORING/AWARDS:

- Scoring will be separated into two Invitationals. Trophies will be awarded to 1st and 2nd place in the Freshmen/Sophomore portion and 1st through 3rd place in the Varsity portion of the Invitational.
- Team scoring is determined on a 10-8-6-5-4-3-2-1 format.
- Freshmen/sophomore field event scoring will be based on top 3 attempts for all athletes – NO finals. Athletes from any heat may score. Varsity field events will return top 8 from any heat to the finals.
- **Event winners in each Varsity event will receive a T-shirt and top 8 athletes in all events will receive medals.**

ADDITIONAL INFORMATION:

- Spikes are to be limited to 1/4 of an inch. Athletes caught using inappropriate spikes will be disqualified.
- Uniform rules will be enforced during all events.
- A limited number of blocks are available at the track. Teams are encouraged to bring and use their own if possible.
- Our concession stand will be available at the meet.
- Any questions please email Pete Buttitta at: peterbuttitta@hpcsd.org or Dan Pelkey at : danielpelkey@hpcsd.org

RACE AT THE OVAL OFFICE ENTRY FORM

High School: _____ Coach: _____
 Athletics Phone: _____ Coach's Phone: _____
 Contact Email Address: _____

Clearly indicate interested payment amount below:

Blanket Fee (\$400) ___ Boy's Team (\$250) Girl's Team (\$250) Fresh/Soph Team (\$250)
 Relay Teams: _____ x \$20 = _____
 Individual Events: _____ x \$10 = _____ **TOTAL DUE:** _____

**** All checks payable to FDR Tack Booster Organization****

Mail To: FDR High School
 Attn: Peter Buttitta or Daniel Pelkey
 156 South Cross Road P.O. Box 2032
 Staatsburg, NY 12580

Fax To: FDR HS Athletics
 Attn: FDR Track
 Fax #: 845-229-2182

2024 Order of Events

ALL RUNNING EVENTS - GIRLS THEN BOYS

Freshmen/Sophomore Portion - 9:00am start

SMR (400, 200, 200, 800)
100/110 High Hurdles - Fastest Seeds Last
100M Dash - Fastest Seeds Last
1500M/1600M Run
400M Dash
4x800M Relay
4x100M Relay
4x400M Relay
Steeplechase (2000m)

Varsity Portion - No Earlier Than 11:00am Start

Steeplechase (2000m/3000m)
SMR (400, 200, 200, 800)
110/100 High Hurdles - Prelims
100M Dash - Prelims
1500M/1600M Run - Fastest Heats Last
400M Dash
100/110 High Hurdles - Finals
100M Dash - Finals
800M Run
400M Hurdles
4x800M Relay
4x100M Relay
4x400M Relay

FIELD EVENTS - Varsity Portion No Earlier Than 11:00am Start

Pole Vault - Combined

Freshmen/Sophomore Opening - 6'0" and moving up 6" until 12'0"

Varsity Opening - 7'0" and moving up 6" until 14'0"

Long Jump - Boys then Girls

Triple Jump - Girls then Boys

High Jump - Girls then Boys

Girls' Opening - Freshmen/Sophomore: 3'6" Varsity: 4'0" *Up 3" to 5' then 1"

Boys' Opening - Freshmen/Sophomore: 4'6" Varsity: 5'0" *Up 3" to 6' then 1"

Shot Put - Boys then Girls

Discus - Girls then Boys

*****Please make sure all athletes are listening for event calls*****