

## 2024 Tri-Valley Modified Track Invitational

TO: SCHOOLS INTERESTED IN 28th ANNUAL TRI-VALLEY 7TH AND 8TH GRADE OUTDOOR TRACK AND FIELD INVITATIONAL.

FROM: Kevin Crudele 985-2296 Ext 5304 [kevincrudele@trivalleycsd.org](mailto:kevincrudele@trivalleycsd.org)

WHEN: TRI-VALLEY SCHOOL, Monday, MAY 6th, 2024 @ 4:00 PM

ENTRY: UNLIMITED PER EVENT, STANDARD WILL BE ESTABLISHED WITH AT LEAST ONE MARK RECORDED. FOLLOW ALL MODIFIED RULES, 2 RUNNING, ONE FIELD AND A 4X EVENT **OR** TWO FIELD, ONE RUNNING AND A 4X.

**AN INDEX CARD SYSTEM WILL BE USED. PLEASE FILL OUT AHEAD OF TIME THE NAME, SCHOOL, EVENT AND SEED TIME ON A 3 X 5 INDEX CARD PINNED TO THE ATHLETE FOR ALL EVENTS!!**

FEE: \$80.00 GIRLS - \$80.00 BOYS OR \$150.00 FOR BOTH.

PAY TO: CAST      Check Memo: Running Fund

**Mail to: Kevin Crudele Athletic Director  
34 Moore Hill Rd.  
Grahamsville, NY 12740**

This is an entry fee, not a participation fee. If the meet is held all are expected to pay.

AWARDS: MEDALS TOP THREE, RIBBONS 4TH THRU 6TH PLACE. No Team Scores

ORDER OF EVENTS:

55 HIGH HURDLES

100 DASH

1500 RUN

4x100 RELAY

400 DASH

200 High Hurdles

4x200 RELAY

800 RUN

200 DASH

\* SMR(400-200-100-100)

FIELD EVENTS

BLJ THEN BTJ

GLJ THEN GTJ

GSP THEN BSP

B DISC THEN G DISC

GHJ & BHJ (SIMULTANEOUS)

GPV & BPV(SIMULTANEOUS)

POLE VAULT B 6' - G 5' start height

WE WILL TRY TO COMPLETE LONG JUMPS BEFORE STARTING RUNNING EVENTS.

\*\*\*PLEASE NOTIFY Kevin Crudele IF YOU ARE COMPETING AND PLEASE SEND A CLAIM FORM AS SOON AS POSSIBLE.

TRI-VALLEY SCHOOL  
34 MOORE HILL ROAD  
GRAHAMSVILLE, NEW YORK 12740  
985-2296 Ext 5304  
kevincrudele@trivalleycsd.org

## Tri-Valley Modified Track and Invitational

### Standards

Athletes throwing shot-put and discus will get three throws each.

#### Jumping Pit

2 lanes: 1 boy's lane and 1 girl's lane

#### High Jump

3'2" girls, 3'4", 3'6", 3'8", 3'10", 4'0 "then up 2" from there to 5' then up 1" from there

4'2" boys, 4'4", 4'6", 4'8", 4'10" then up 2" from there to 6' then up 1" from there

#### Pole Vault

Girls: 5', 5'6", 6' then up 6" from there

Boys: 6', 6'6", 7' then up 6" from there

### ORDER OF EVENTS:

55 HIGH HURDLES

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1500 RUN

4x100 RELAY

400 DASH

200 High Hurdles

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800 RUN

200 DASH

\* SMR(400-200-100-100)

#### ***FIELD EVENTS***

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POLE VAULT B 6' - G 5' start height



## 2023 Tri-Valley Modified Invitational

Please make payment to: **CAST**      **Memo: Running Fund**, and mail payment to:

Kevin Crudele  
Tri-Valley School  
34 Moore Hill Road  
Grahamsville New York 12740  
845-985-2296 (press 0 for operator)  
kevincrudele@trivalleycsd.org

Name of School: \_\_\_\_\_

Girls Coach: \_\_\_\_\_

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

Boys Coach: \_\_\_\_\_

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

Entry Fee:

Girls Team      \_\_\_\_\_

Boys Team      \_\_\_\_\_

Total Payment: \_\_\_\_\_

