THE NINETEENTH ANNUAL GANDER INVITATIONAL SATURDAY, APRIL 20th 2024

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 19th 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: <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: RVEF (please add RV Track Booster to check notes)

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 19th 2024

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 most individual running and field events (Max 4 per athlete)
- 2. 3000/3200 and Steeple are limited to 3 entries per team, Shot Put and HJ limited to 3 Var and 3 F/S
- 3. 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.
- 4. All track events with no semis will be run fast to fastest.
- 5. ½ inch spikes (max) allowed.
- 6. Competitors in all field events will be allowed 3 attempts. No finals.
- 7. Field Event competitors may compete in Frosh/Soph **or** Varsity not both for the same event.
- 8. 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)

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1) 3000 Run – Girls			16) 3000 Steeplechase

2) 3200 Run – Boys

 3) 110 HH Semis – Boys
 17) 400 Meter – Girls

 4) 100 HH Semis – Girls
 18) 400 Meter – Boys

 5) 100 Semis – Girls
 19) 1500 Meter – Girls

 6) 100 Semis – Boys
 20) 1600 Meter – Boys

7) 100 HH Finals- **Girls** Non Scoring: Throwers "Dunkin Donuts" 55 Dash

8) 110 HH Finals- Boys

9) 100 Finals Girls Varsity Relays

10) 100 Finals Boys

11) 400 IH Girls 21) 3200 Relay (4x800) Girls

12) 400 IH Boys 22) 3200 Relay (4x800) Boys

13) SMR (4,2,2,8) Girls 23) 400 Relay (4x100) Girls

14) SMR (4,2,2,8) Boys 24) 400 Relay (4x100) Boys

15) 2000 Steeplechase 25) 1600 relay (4x400) Girls

26) 1600 relay (4x400) Boys

MileSplit Meet Registration Deadline--- April 19, 2024 2024 Rondout Valley Gander Invitational Entry Form

Cost: \$450 Boys and Girls \$250 Each Team		Girls Only
Note: This is an entry fee, 1		
School Name		
Coaches Contact Information	on	
Name		
Phone #		
Email		
Make Checks Payable to: 1	RVEF	
W9 for the Rondout Valle	y Education Found	lation (RVEF) available
<mark>upon request</mark>		
Mail Entry and Check by A	april 5 th 2024	
To: Rondout Valley Athl	etic Dept.	
C/O Jake Maloney		
PO Box 9		
Accord N.Y. 12404		
Email <u>jmaloney@rondout.</u>	k12.ny.us to reserve	your spot
RV Athletics Fax – 845-68	7-0998	

Questions About Payment Call Jake Maloney at: 845-706-3297