

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 | 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 | |
| 10) 100 Finals Boys | |
| 11) 400 IH Girls | |
| 12) 400 IH Boys | |
| 13) SMR (4,2,2,8) Girls | |
| 14) SMR (4,2,2,8) Boys | |
| 15) 2000 Steeplechase | |

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 19, 2024
**2024 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: RVEF

**W9 for the Rondout Valley Education Foundation (RVEF) available
upon request**

Mail Entry and Check by April 5th 2024

To: Rondout Valley Athletic Dept.

C/O Jake Maloney

PO Box 9

Accord N.Y. 12404

Email 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