

Clarkstown South Track & Field

Date: Saturday, April 30, 2022 **Frosh-Soph 8:30 AM Start Varsity Approximately 11:45 AM**

Site: Clarkstown South H.S., West Nyack, NY

Rules: National Federation Recognized
¼ Pyramid Spikes
No Starting blocks

Track Events: We will be using the services of Fulton Automatic Timing (FAT). All Entries are to be Completed online at athletic.net by Thursday, April 28, 2022

Field Events LJ & TJ, 3 jumps, no finals.
3 X Shot & Discus, 3 throws no finals.

Participation: Unlimited entry in all events (unless otherwise stated) including relays.
An athlete may compete in both frosh-soph and varsity events
But not in the same event.
You must adhere to 3 event rule for the day.
Pole Vault: 4 athletes per team
Steeplechase: 5 athletes per team
Discus: 4 athlete maximum Varsity
4 athlete maximum F/S
“You cannot do both”.

Awards: Medals to top Five individuals in both divisions.
Medals to top three relays in both divisions.
T-shirts to All champions.
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Fees: \$20 per relay. \$15 per individual.
\$300 per team. \$550 per school.

Payment: Make checks payable to: **Clarkstown South Track**
c/o Coach Pete Modafferi
31 Demarest Mill Road
West Nyack, NY 10994

Information: Pete Modafferi 845-558-9095 pmodafferi@ccsd.edu

Hard Copy Entries are due no later than Monday, April 25, 2022

Clarkstown South High School

Saturday, April 30, 2022

Frosh-Soph 8:30 AM Start

(All Events girls followed by boys unless otherwise stated)

1. 100/110 HH Boys LJ followed By boys TJ (East Pit)
2. 3000M Girls LJ followed by Girls TJ (West Pit)
3. 200M Girls HJ followed by boys
4. 200M Int. Hurdles. Boys 3 X Shot Put Relay followed by girls
(incomplete teams OK)
5. DMR (8-2-4-16) Girls Discus followed by boys
6. 4 X 100 Relay Girls Pole Vault followed by boys
7. 4 X 400 Relay

Discus: 4 athletes per team f/s
“You cannot do both F/S & Varsity”

Varsity Approximately 11:45 AM

1. 2000M Steeplechase Boys LJ followed by Boys TJ (East Pit)
2. 3000M Steeplechase Girls LJ followed by Girls TJ (West Pit)
3. 200 M Int. Hurdles Girls HJ followed by boys
4. “Mile Run” Girls Discus followed by boys
5. 200 M Boys Pole Vault followed by Girls
6. 800 M Boys 3 X Shot Put Relay followed by girls
7. 4 X 100 Relay
8. 4 X 400 Relay (incomplete teams OK)

Discus: 4 athletes per team Varsity
“You cannot do both F/S & Varsity”
2000M & 3000m Steeplechase 5 athletes per team

Clarkstown South Track & Field

Official Entry Form

School: _____ Total: \$ _____

Boys Coach: _____ Girls Coach: _____

Home Phone: _____ Home Phone: _____

E-mail: _____ e-mail: _____

School Phone: _____

School Address: _____

Individuals: _____ Relays: _____ Blanket Entry: _____

Entries Due No Later Than Monday, April 25, 2022

**Mail To: Pete Modafferi, Meet Director
Clarkstown South High School
31 Demarest Mill Road
West Nyack, NY 10994**

**FAX # 845-624-2640
pmodafferi@ccsd.edu
845-624-3448 (athletic office)
845-558-9095 (cell)**