

FIELD EVENTS

Warm Ups and Steps for Field Events will begin **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 will 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 Javelin: Following Shot and Disc
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) 400 Unseeded-Girls | 19) 100 HH Finals- Girls |
| 2) 400 Unseeded-Boys | 20) 110 HH Finals- Boys |
| 3) 1500 Unseeded-Girls | 21) 100 Finals Girls |
| 4) 1600 Unseeded-Boys | 22) 100 Finals Boys |
| 5) 110 HH Semis – Boys | 23) 2000 Steeplechase |
| 6) 100 HH Semis – Girls | 24) 3000 Steeplechase |
| 7) 100 Semis – Girls | 25) 400 IH Girls |
| 8) 100 Semis – Boys | 26) 400 IH Boys |
| 9) 3000 Run – Girls | |
| 10) 3200 Run – Boys | Varsity Relays (1 team only) |
| 11) Frosh/Soph. 3200 (4 x 800) Girls | 27) 3200 Relay (4x800) Girls |
| 12) Frosh/Soph. 3200 (4 x 800) Boys | 28) 3200 Relay (4x800) Boys |
| 13) Frosh/Soph. 800 (4 x 200) Girls | 29) 400 Relay (4x 100) Girls |
| 14) Frosh/Soph. 800 (4 x 200) Boys | 30) 400 Relay (4x100) Boys |
| 15) 400 Seeded 2 heats (Top 16) - Girls | 31) 1600 relay (4x400) Girls |
| 16) 400 Seeded 2 heats (Top 16) - Boys | 32) 1600 relay (4x400) Boys |
| 17) 1500 Seeded – Girls | |
| 18) 1600 Seeded – Boys | |

MileSplit Meet Registration Deadline--- April 7, 2017

2017 Rondout Valley Gander Invitational Entry Form

Cost: \$300 Both Teams
\$150 Each Team
\$10 Per Individual

School Name _____

Check One: Boys_____ Girls_____

Both_____

Coaches Contact Information

Name _____

Phone # _____

FAX # _____

Email _____

Make Checks Payable to: **Rondout Valley Track Booster**

Mail Entry and Check by April 1st 2017

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