

Clarkstown South Track & Field

- Date:** Saturday, April 29, 2023 **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 27, 2023
- 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: 4 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.
.
- Fees:** \$20 per relay. \$15 per individual.
\$300 per team. \$550 per school.
- Payment:** Make checks payable to: **Clarkstown Central School District**
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 24, 2023

Clarkstown South High School

Saturday, April 29, 2023

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. 1600m 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 4 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 24, 2023

**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)**

Clarkstown South Gold Rush Invitational

Girls Frosh / Soph Meet Records

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Perf.</u>	<u>Year</u>
100 HH	Louise Jones	Nyack	15.64	2015
200	Tashieka Baker	Dewitt Clinton	25.6	2013
200 IH	Kyra Geenbaum	Suffern	28.0	2014
3000	Shelby Greany	Suffern	10:10.4	2005
LJ	Shania Young	Dewitt Clinton	17'3 ¼	2022
TJ	Shania Young	Dewitt Clinton	35'4	2022
HJ	Madjenna Brutus	Spring Valley	5'0	2015
	Kayleigh Miedreich	Pearl River	5'0	2016
PV	Gabriella Nebiker	Monroe Woodbury	10'0"	2017
DT	Maggie Hansen	Clarkstown South	96'4	2022
3 x SP		Bergen County Tech.	85' ½"	2012
DMR	Morgan, Gregory, Dedyo, Gardner	Albertus Magnus	9:12.63	2018
4 x 100	Montama, Clayton, Schaffer, Buston	Suffern	51.3	2006
4 x 400		Bronxville	4:08.0	2012

Clarkstown South Gold Rush Invitational

Boys Frosh / Soph Meet Records

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Perf.</u>	<u>Year</u>
100 HH	Josh Etkind	Clarkstown North	15.4	2013
200	Lavonno Mitchell	Albertus Magnus	22.5	2017
200 IH	Josh Etknid	Clarkstown North	26.3	2013
3000	John Rice	Xavier	8:55.8	2013
LJ	Jay Joonsin	Bergen Tech	20'4 ½	2017
TJ	Nicholas Villanueva	Monroe Woodbury	42'9 ½	2018
HJ	Lugman Issah	Pearl River	6'2"	2014
PV	Nicholas Villanueva	Monroe Woodbury	13'6"	2018
DT	Tommy Kiernan	Clarkstown South	120'5	2012
3 x SP	Diaz, Horgett, Martinez	Cardinal Hayes	134'3	2007
DMR	Lane, Mirto Owuso-Afriye, Rice	Xavier	8:12.62	2018
4 x 100		Horace Greeley	45.53	2022
4 x 400	Welch, Contreras, Allen, Brennan	Monroe Woodbury	3:37.94	2018

Clarkstown South Gold Rush Invitational

Girls Varsity Meet Records

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Perf.</u>	<u>Year</u>
200	Dypna Umunakwe	Dewitt Clinton	24.3	2013
200 IH	Brittany Cocchieri	Suffern	26.6	2010
800	Katie Munks	Monroe Woodbury	2:15.90	2016
1500 RW Academy	Julie Steel	Newburgh Free	7:16.0	2005
Mile	Katelyn Touhy	North Rockland	4:43.66	2018
2000 ST	Kelly Hayes	Pearl River	7:05.6	2013
3000	Caroline Heidt	Suffern	10:27.5	2006
LJ	Kaylyn Gordon	Ramapo	18'9 ³ / ₄	2014
TJ	Kaylyn Gordon	Ramapo	38'8"	2014
HJ	Brittany Maragh	Nanuet	5'4"	2015
PV	Kristen Lubeskie	Monroe Woodbury	11'7"	2016
DT	Kira Linden	Horace Greeley	127'11"	2019
3 x SP	Gordon, Hendricks, Moore	Dewitt Clinton	98'11'	2013
4 x 100	Smith, Gutierrez, Lubeskie, Conter	Monroe Woodbury	49.20	2018
4 x 400	Conter, Jeune, Iaccarino, Lubeskie	Monroe Woodbury	3:58.49	2018

Clarkstown South Gold Rush Invitational

Boys Varsity Meet Records

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Perf.</u>	<u>Year</u>
200	Malik Lewis	Poughkeepsie	21.8	2016
200 IH	Josh Etkind	Clarkstown North	25.0	2015
800	Patrick Toughy	North Rockland	1:57.6	2018
Mile	Joseph O'Brien	Horace Greeley	4:26.16	2018
3000 ST	Brendan Distefano	Hakley	9:50.19	2022
2000 ST	Ben Torda	Hastings	6:18.6	2014
3000	Raphael Vargas	Don Bosco Prep	9:06.4	2009
LJ	Mark Lobritto	Clarkstown North	22'2"	2019
TJ	Ian Santiago	Harrison	46'5 ½	2017
HJ	Lugman Issah	Pearl River	6'3	2015
PV	Tommy Qualter	Clarkstown South	14'0	2018
DT	Anthony Harrison	Ramapo	198'5"	2019
3 x SP	Diaz, Martinez, Brooks	Cardinal Hayes	139'6 ¾	2007
4 x 100		Spring Valley	43.2	2014
4 x 400		Ramapo	3:25.0	2016