



# MOUNTIE MADNESS

**Saturday, May 4, 2019 - 9:30am**

**McConnell Stadium**

**@Suffern Middle School**

Ultra-Fast 8 Lane All-Weather Track, 4 Jumping Pits, 2 High Jump Pits,  
2 Shot Circles, Discus, Pole Vault

**Entry Fee:** \$500.00 (boys/girls combined team) \$275.00 (boy or girl team)  
\$10 per Individual / \$25 per Relay  
Sanction will be filed for all bordering states

**Make Checks Payable to:**

Suffern Track c/o Jeff Dempsey  
49 Viola Road  
Suffern, NY 10901

**Entry Limit:** 2 events per athlete

**Awards:** Top Three in all events receive Moutie Madness T-Shirt

**Entry Deadline:** Friday, April 26<sup>th</sup>  
**Only 1/4" Spikes**

**Coaches 2 part entry mail/fax/email entry to Coach Dempsey and Register Athletes into events on**  
<https://ny.milesplit.com/meets/343651/info#.XJuNkZi6MdW>

**Full Snack Stand for all refreshments and T-Shirt needs**

## Entry Form

\$500 UNLIMITED ENTRY BOYS AND GIRLS \_\_\_\_\_

\$275 UNLIMITED ENTRY BOYS ONLY \_\_\_\_\_

\$275 UNLIMITED ENTRY GIRLS ONLY \_\_\_\_\_

**LIMITED ENTRIES:**

NUMBER OF TRACK RELAYS \_\_\_\_\_ X \$25.00 = \_\_\_\_\_

NUMBER OF INDIVIDUALS \_\_\_\_\_ X \$10.00 = \_\_\_\_\_

**TOTAL** \_\_\_\_\_

**School** \_\_\_\_\_

**BOYS' COACH:** \_\_\_\_\_

**GIRLS' COACH:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

**SCHOOL PHONE:** \_\_\_\_\_ **SCHOOL PHONE:** \_\_\_\_\_

**SCHOOL ADDRESS:** \_\_\_\_\_

**MAIL TO:** Jeff Dempsey - Suffern Track  
Suffern High School  
49 Viola Road Suffern, NY 10901

**FAX TO:** (845) 357-4947  
Email- [jdempsey@sufferncentral.org](mailto:jdempsey@sufferncentral.org)

**Please email me your Entry by April 29<sup>th</sup>**

**Register Athletes into events on [Milesplit](https://ny.milesplit.com/meets/343651/info#.XJuNkZi6MdW) – Moutie Madness**

Jeff Dempsey, Suffern Track & Field Head Coach [jdempsey@sufferncentral.org](mailto:jdempsey@sufferncentral.org) 845-304-7817



# MOUNTIE MADNESS

## Order of Events: (9:30 start)

### Frosh-Soph Running Events (Boys followed by Girls)

- Sprint Medley Relay (4-2-2-8)
- 4x200m
- 4x800m
- 4x100m
- 4x400m

### Frosh-Soph Field Events (9:30 start)

- Long Jump - 3 Jumps, **NO FINALS**
  - All 3 pits will be in use
    - Boys – 17ft and over (3 Jumps, **NO FINALS**)
    - Girls – 14ft and over (3 Jumps, **NO FINALS**)
    - Co-ed – Open pit (3 Jumps, **NO FINALS**)
- Triple Jump – To follow Long Jump ( 3 Jumps, **NO FINALS**)
- Pole vault – Boys, Girls (Height TBD by Entry)
- High Jump – Girls, Boys (Starting heights: 4'0 – 5'0)
- Discus – Boys,Girls (3 Throws, **NO FINALS**)
- Shot put - Girls,Boys (3 Throws, **NO FINALS**) Unlimited

### Varsity Running Events (Boys followed by Girls, Following the Frosh-Soph Events)

- 3 x 400IH
- 200m
- 800m
- 1600m
- Sprint Medley Relay (4-2-2-8)
- Swedish Relay (100-200-300-400m)
- 4 x 400m

### Varsity Field Events: (Following the Frosh-Soph Events)

- Long Jump - 3 Jumps, Top 8 to Finals
  - All 3 pits will be in use
    - Boys – 18ft and over (3 Jumps, Top 8 to Finals)
    - Girls – 15ft and over (3 Jumps, Top 8 to Finals)
    - Co-ed – Open pit (3 Jumps, **NO FINALS**)
- Triple Jump – To follow Long Jump Finals (3 Jumps, Top 8 to Finals)
- Pole vault – Boys, Girls (TBD by Entry)
- High Jump – Girls,Boys (Starting 4'3" – 5'3")
- Discus – Boys, Girls (3 Throws **NO FINALS**)
- Shot put - Girls, Boys (3 Throws **NO FINALS**)

### **SPECIAL NOTES/LIMITATIONS:**

- 2 event rule for all Athletes
- 3 Pole Vault Athletes (per gender/school/division)
- 3 Triple Jump Athletes (per gender/school/division)
- 2 Discus Athletes Guaranteed (per gender/school/division)
- Discus Boys, before girls
  - Schools can get additional throwers (Varsity - Boys over 115', Girls over 85' / Frosh-Soph Boys over 85', Girls over 65')

**Please email me your Entry by April 29<sup>th</sup>**

**Register Athletes into events on [Milesplit – Mountie Madness](#)**

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# MOUNTIE MADNESS

## GIRLS SUFFERN FACILITY RECORDS

EVENT	TIME	ATHLETE	TEAM	YEAR
<a href="#">100m</a>	11.67	<a href="#">ZOLA GOLDEN</a>	<a href="#">Arlington</a>	2014
<a href="#">200m</a>	24.03	<a href="#">SYMONE DARIUS</a>	<a href="#">New Rochelle</a>	2014
<a href="#">400m</a>	53.39	<a href="#">ZOLA GOLDEN</a>	<a href="#">Arlington</a>	2014
<a href="#">800m</a>	2:06.00	<a href="#">KAMRYN MCINTOSH</a>	<a href="#">Suffern</a>	2015
<a href="#">1500m</a>	4:27.32	<a href="#">KATELYN TUOHY</a>	<a href="#">North Rockland</a>	2018
<a href="#">1600m</a>	4:50.01	<a href="#">KATELYN TUOHY</a>	<a href="#">North Rockland</a>	2018
<a href="#">3000m</a>	9:37.31	<a href="#">BELLA BURDA</a>	<a href="#">Arlington</a>	2015
<a href="#">100mH</a>	14.04	<a href="#">ASHLEY WIGGINS</a>	<a href="#">New Rochelle</a>	2014
<a href="#">400mH</a>	58:64	<a href="#">ELIZABETH MOTT</a>	<a href="#">New Rochelle</a>	2014
<a href="#">2K Steeple</a>	6:51.90	<a href="#">SHELBY GREANY</a>	<a href="#">Suffern</a>	2009
<a href="#">Triple Jump</a>	39-1	<a href="#">JEN CLAYTON</a>	<a href="#">Suffern</a>	2008
<a href="#">Long Jump</a>	19-5.25	<a href="#">JEN CLAYTON</a>	<a href="#">Suffern</a>	2009
<a href="#">High Jump</a>	5-7	<a href="#">KENDALL BENSCHKE</a>	<a href="#">Scarsdale</a>	2016
<a href="#">Pole Vault</a>	11-3	<a href="#">NICOLE CAREY</a>	<a href="#">Tappan Zee</a>	2008
<a href="#">Shot Put</a>	42-5.25	<a href="#">MONAE COOPER</a>	<a href="#">New Rochelle</a>	2016
<a href="#">Discus</a>	121-2.75	<a href="#">CHARLOTTE POPE</a>	<a href="#">New Rochelle</a>	2008
<a href="#">4x100m</a>	47.42	<a href="#">North Rockland</a>	-	2016
<a href="#">4x400m</a>	3:53.21	<a href="#">New Rochelle</a>	-	2016
<a href="#">4x800m</a>	9:10.84	<a href="#">Suffern</a>	-	2008

## BOYS SUFFERN FACILITY RECORDS

EVENT	TIME	ATHLETE	TEAM	YEAR
<a href="#">100m</a>	10.74	<a href="#">KEVIN MALIVERT</a>	<a href="#">RAMAPO</a>	2008
<a href="#">200m</a>	21.54	<a href="#">MIKE ABELARD</a>	<a href="#">RAMAPO</a>	2009
<a href="#">400m</a>	48.05	<a href="#">RAI BENJAMIN</a>	<a href="#">MOUNT VERNON</a>	2014
<a href="#">800m</a>	1:52.37	<a href="#">LUKE GAVIGAN</a>	<a href="#">TAPPAN ZEE</a>	2014
<a href="#">1600m</a>	4:12.00	<a href="#">JOHN MULLER</a>	<a href="#">ARLINGTON</a>	2009
<a href="#">3200m</a>	9:16.60	<a href="#">COLBY DELBENE</a>	<a href="#">PAWLING</a>	2008
<a href="#">110mH</a>	14.54	<a href="#">CHRIS RONES</a>	<a href="#">NEW ROCHELLE</a>	2008
<a href="#">400mH</a>	54.44	<a href="#">RYAN WHITLEY</a>	<a href="#">RAMAPO</a>	2008
<a href="#">2K Steeple</a>	6:08.40	<a href="#">KEVIN MCKENNA</a>	<a href="#">SUFFERN</a>	2009
<a href="#">3K Steeple</a>	9:45.12	<a href="#">BEN SMITH</a>	<a href="#">JOHN JAY-CROSS RIVER</a>	2015
<a href="#">Triple Jump</a>	48-0.5 NWI	<a href="#">THOMAS JOHNSON</a>	<a href="#">WHITE PLAINS</a>	2011
<a href="#">Long Jump</a>	23-8 NWI	<a href="#">THOMAS JOHNSON</a>	<a href="#">WHITE PLAINS</a>	2011
<a href="#">High Jump</a>	6-7	<a href="#">SEAN REILLY</a>	<a href="#">ARLINGTON</a>	2008
<a href="#">Pole Vault</a>	14-1	<a href="#">THOMAS QUALTER</a>	<a href="#">Clarkstown South</a>	2018
<a href="#">Discus</a>	172-10	<a href="#">ERIC FAVORS</a>	<a href="#">NORTH ROCKLAND</a>	2015
<a href="#">Shot Put</a>	60-4.25	<a href="#">ERIC FAVORS</a>	<a href="#">NORTH ROCKLAND</a>	2014
<a href="#">4x100m</a>	42.73	<a href="#">NEW ROCHELLE</a>	-	2018
<a href="#">4x400m</a>	3:22.09	<a href="#">NY Mount Vernon</a>	-	2018
<a href="#">4x800m</a>	7:56.60	<a href="#">NY Fox Lane</a>	-	2009

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