



2009 WALLKILL FROSH-SOPH INVITATIONAL

c/o Eric McLaud
Wallkill Varsity Track
Wallkill Senior High School
PO Box 310
Wallkill, NY 12589



Friday May 15, 2009 (New York Sanction only)

Cost: \$200 per school (Boys and Girls)

\$130 per team

(Rain Date is Saturday May 16 10:00 AM)

4:00 PM Start for all Events

Contact: Eric McLaud (C) 845-800-1369

Athletic Office 845-895-7158

Athletic Fax 845-895-9261

Send voucher or check payable to "Wallkill Varsity Track" to address above by Monday May 11, 2008.

Refreshments will be available

General Rules of the Meet:

ENTRIES FOR THE MEET WILL BE THROUGH **ONLINEENTRIES.COM**. ALL ENTRIES MUST BE IN NO LATER THAN WEDNESDAY MAY 13TH BY 6:00 PM SO THAT THE MEET CAN BE SET UP FOR **FRIDAY**.

COME COMPETE ON OUR TOTALLY NEW STATE OF THE ART TRACK AND JUMPING FACILITIES!!!!!!!!!!!!

**** Please read Meet procedures:** The clerking area for running events will be at the white shed.. The athletes will be marshaled to the starting line after being given their heat and lane assignment. After running, the athletes must exit to the left of the white shed and walk around to get back to their team areas.

1. Starting Blocks **will not** be provided. Bring your own, **1/4 inch** protrusion allowed.
2. Shoes will be same -- 1/4 inch protrusion
3. All running events will be final on time.
4. Field Events are unlimited entry except for discus- **4 entries max**) The first mark will be measured. 2nd and 3rd attempts must meet minimum distance to be measured. **(No Finals)**
5. New York State Public High School Athletic Association rules on participation limits will be enforced.
6. Scoring will be done on a **10-8-6-4-2-1** basis.
7. Athletes are to be in the stands or on top of the hill. **No one is allowed in the infield**

Awards:

Medals for 1st through 6th place.

Team Trophies for 1st Place for both boys and girls.

Order of Events on Back →

ORDER OF EVENTS

(Girls then Boys)

TRACK EVENTS

4 x 800 Relay
400 Intermediate Hurdles
100 Meter Dash
1500/1600 Meter Run
400 Meter Dash
100/110 Hurdles
800 Run
200 Dash
4 x 100 Relay **(Run under the lights!!!!)**
4 x 400 Relay **(Run under the lights!!!!)**

FIELD EVENTS

4:00 START TIME

****UNLIMITED ENTRY EXCEPT AS INDICATED**

BOYS SHOT PUT Using the following procedure Heat warm-up in
UPPER CIRCLE then move to lower circle for 3 throws in heat.

GIRLS DISCUS 4 COMPETITORS ONLY Boys to Follow

GIRLS LONG JUMP/TRIPLE JUMP ON PIT #1 (NEXT TO SHED)

BOYS LONG JUMP/TRIPLE JUMP ON PIT #2 (NEXT TO FENCE)

GIRLS HIGH JUMP Boys to Follow

Girls Start 3-6 and go up 3" to 4-9 then 1" after

Boys Start 4-6 and go up 3" to 5-9 then 1 " after

Pole Vault combined

Start at 6-0 up 6" to completion



2008 WALLKILL FROSH-SOPH INVITATIONAL

c/o Eric McLaud
Wallkill Varsity Club
Wallkill Senior High School
PO Box 310
Wallkill, NY 12589



ENTRY SHEET: **SCHOOL** _____

COACH CONTACT INFORMATION

NAME _____ Cell PHONE _____

FAX # _____

EMAIL _____

Checks or Voucher Payable to : Wallkill Varsity Track

Send completed Entry Sheet **and** voucher or check to address above by Monday May 11, 2009.

Make sure to visit **Onlineentries.com** to put your entries in by Wednesday May 13, 2009 6:00 PM.