



SUFFERN INVITATIONAL

Rockland Community College – Eugene Levy Fieldhouse
145 College Rd, Suffern, NY 10901

Friday, January 11, 2019 - 4:30 pm

SCHOOL	Circle One: Boys Girls Both		
SCHOOL ADDRESS			
COACH'S NAME			
COACH'S PHONE NUMBER	Cell:	School:	
COACH'S EMAIL			

Team Entry – Please list number of athletes competing, unless choosing one of the blanket entry options.					
<i>On the oval track</i>	<u>Max Entry per team</u>	<u># Entries</u>	<i>On the Infield</i>		
1500m walk	5 Entries per gender		Girls' 55 m dash	5 Entries per gender	# Entries
3200 m run	5 Entries per gender		Boys' 55 m HH	5 Entries per gender	
3000 m run	5 Entries per gender		Boys' 55 m dash	5 Entries per gender	
1000m run (B, G)	5 Entries per gender		Girls' 55 m HH	5 Entries per gender	
600 m run (B, G)	5 Entries per gender		(above events-trials, semis, finals)		
1600m run	5 Entries per gender				
1500 m run	5 Entries per gender				
300 m run (B, G) Final on time	5 Entries per gender				
3200 m relay (B, G)	1 Entry per gender				
800 m relay (B, G)	1 Entry per gender				
1600 m relay (B, G)	1 Entry per gender				
<i>Field Events</i>	<u>Max Entry per team</u>	<u># Entries</u>			
Shot Put (G, B) (7 to Finals)	5 Entries per gender				
Long Jump (Girls Open Pit)	3 Entries per gender		(3 jumps, no finals)		
Long Jump (Boys Open Pit)	3 Entries per gender		(3 jumps, no finals)		
Triple Jump (Girls Open Pit)	3 Entries per gender		(3 jumps, no finals)		
Triple Jump (Boys Open Pit)	3 Entries per gender		(3 jumps, no finals)		
High Jump (G followed by B)	3 Entries per gender				
Pole Vault (B, G)	3 Entries per gender				

Entries close Friday, January 4, 2019

MAXIMUM ENTRY PER SCHOOL IS:

5 individuals per track event and Shot Put

3 Ind. per school in LJ, TJ, HJ and PV

1 relay team per event

A) \$500.00 Boys and Girls Combined _____

B) \$350.00 for one gender – Male _____ Female _____

C) \$10.00 Per Individual _____

D) \$20.00 Per Relay _____

Total Entry Fee: _____

Make checks or vouchers payable to SUFFERN TRACK and mail to:

Jeff Dempsey, Suffern High School, 49 Viola Road, Suffern, NY 10901

or

Fax your entry (with check to follow) to: (845) 357-4947

Phone: (845) 304-7817

NOTE: This is a non-refundable entry fee, not a participation fee.

ENTRY PROCEDURE: When checking in, ATHLETES MUST WEAR a 3X5 card for each event with athlete's NAME, SCHOOL, EVENT, and SEED performance on the front of card.

AWARDS: Medals to top six in each event; awards to top three teams.

Questions – Contact Jeff Dempsey 845-304-7817

jdempsey@sufferncentral.org



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ORDER OF EVENTS

4:30pm	1500 m racewalk	<u>On the Infield</u>
	3200 m run	
	3000 m run	Girls' 55 m dash
	1000 m run (B, G)	Boys' 55m HH
	600 m run (B,G)	Boys' 55m dash
	1600 m run	Girls' 55m HH
	1500 m run	(above events-Trials, Finals)
	300 m run (B, G)	
	3200 m relay (B, G) Final on Time	
	800 m relay (B, G) Final on Time	
	1600 m relay (B,G) Final on Time	
	Field Events	
	Shot Put (G, B)	5 Entries per gender
	Long Jump (Girls Open Pit)	3 Entries per gender
	Long Jump (Boys Open Pit)	3 Entries per gender
	Triple Jump (Girls Open Pit)	3 Entries per gender
	Triple Jump (Boys Open Pit)	3 Entries per gender
	High Jump (G followed by B)	3 Entries per gender
	Pole Vault (B, G)	3 Entries per gender

****Long/Triple Jump will have girls jumping from Shot Put side runway and Boys Jumping from Concession stand side runway. Jumpers should always get their steps in while opposite gender competition is going on. Each open pit will last approximately 1 Hour.****

Entries close Friday, January 4, 2019

Entry limitations: On the track, five per event per school, one relay per school.