

The Valley Stream Challenge

17th Annual Invitational Track & Field Meet

Saturday, April 25, 2020

Valley Stream North High School's BRAND-NEW FACILITY!

New this year... POLE VAULT!!!

Time: Clerking begins at 9:30am, First event at 10:00am, rain or shine.
Seeding: Verbal seeding with stickers. FAT Timing by Just-In-Time-Racing!
Awards: Medals to top 6 in each individual event, top 3 relay events
Equipment: Starting blocks and spikes acceptable. Please supply your own relay baton.
Event information:

- The sprint medley relay will be for freshmen and sophomores ONLY.
- Frosh/Soph division for ALL field events.
- The high jump will start at 3'10" for girls and 4'10" for boys. Frosh/Soph jump together, separated at the end.
- Two Jumping Pits for Long Jump & Triple Jump.
- Three event limit.

Food: Will be on sale the day of the meet by the **VS North Spartan Club!**
Entry Fees: **Section VIII Schools:** \$175.00 boys team, \$175.00 girls team or \$350.00 combined team, plus the cost of officials. Official costs will be split between schools and billed through BOCES.
Non-Section VIII Schools: \$200.00 boys team, \$200.00 girls team or \$400.00 combined team.

Entry Due: Please fill out entry information and send to:

VS North Spartan Club
Valley Stream North High School
c/o Mike Frazer
750 Herman Avenue
Franklin Square, NY 11010
Fax: (516) 564-5539

Reminder: Make checks/ P.O.'s payable to: VS North Spartan Club

Questions: Please contact: Mike Frazer
Phone: (516) 662-5524 cell, (516) 564-5556 office, Fax: (516) 564-5539
Email: frazerm@vschsd.org

Address: Valley Stream North High School
750 Herman Avenue
Franklin Square, NY 11010

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ENTRY FORM

School: _____

School Phone Number: _____

Please circle one:

	BOYS	GIRLS	BOYS & GIRLS
Section VIII	\$175	\$175	\$350
Non-Section VIII	\$200	\$200	\$400

Boys Coach: _____

Phone: _____ e-mail: _____

Asst. Coach: _____

Approximate # of athletes: Runners _____ Jumpers _____ Throwers _____

Girls Coach: _____

Phone: _____ e-mail: _____

Asst. Coach: _____

Approximate # of athletes Runners _____ Jumpers _____ Throwers _____

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RUNNING EVENTS

10:00am
400IH girls
400IH boys
2000m Steeplechase girls
2000m Steeplechase NOVICE girls and boys
1500m girls (open followed by frosh/soph)
3000m Steeplechase boys
1600m boys (open followed by frosh/soph)
400m girls (open followed by frosh/soph)
400m boys (open followed by frosh/soph)
100m girls - trials
100m boys - trials
100m HH girls
110m HH boys
100m finals girls
100m finals boys
800m girls
800m boys
200m girls
200m boys
frosh/soph mile medley relay girls (400, 200, 200, 800)
frosh/soph mile medley relay boys (400, 200, 200, 800)
4x100m girls
4x100m boys

FIELD EVENTS

(frosh/soph will have separate medals)

10:00am
Followed by
Long Jump boys – South Runway (Open followed by Frosh/Soph)
Triple Jump boys – South Runway (Open followed by Frosh/Soph)

10:00am
Followed by
Long Jump girls – North Runway (Open followed by Frosh/Soph)
Triple Jump girls – North Runway (Open followed by Frosh/Soph)

10:00am
Followed by
Pole Vault girls
Pole Vault boys

10:00am
Followed by
High Jump girls (opening height 3'10") (Open & Frosh/Soph, same time)
High Jump boys (opening height 4'10") (Open & Frosh/Soph, same time)

10:00am
Followed by
Shot Put boys
Shot Put girls

10:00am
Followed by
Discus girls
Discus boys
*No non-seeded Discus due to safety reasons.