

Rondout Valley - Kingston - Marlboro Tri Meet Information

Coaches, we are excited to welcome you to open up our brand new facility on Friday May 28, 2021 at 6:30 PM at Rondout Valley High School. We want to give your athletes the opportunity to get some great seed times for our upcoming sectional meets. This meet is unlimited entry with a standard 4 events per athlete limit. You may enter as many relay teams as you want.

FAT timing will be provided by Fulton Accurate Timing. All lane races will be seeded out and run fast to fastest. Girls followed by boys.

The track will open for warm-ups at 5:30PM. Please try not to arrive earlier than 5:15PM.

We have lights on all track and field events and are looking forward to seeing the last few events under the lights.

Start Time: 6:30 PM

Order of Events

1. High Hurdles- 100/110
2. 1500/1600
3. 400
4. 100
5. 400 Hurdles
6. 800
7. Varsity 4 x 200 Relay
8. F/S 4 x 200 Relay
9. Steeplechase
10. 4 x 100 Relay
11. 4 x 800 Relay
12. 4 x 400 Relay

Field Events

Boys Discus- Followed by Girls

Girls Shot- Followed by Boys

Long Jump- Boys and Girls (Separate Pits) Followed by Triple Jump

Boys High Jump followed by Girls

Combined Pole Vault

Covid Protocols

All NYS and Section 9 COVID protocols apply. Event specific protocols are as follows:

Spectators are allowed at the meet.

Masks are required on campus for everyone- Athletes, Coaches, Spectators

Team Areas

Kingston will use the Visitors Bleachers for all athletes and spectators

Rondout Valley will use the Home Grandstands closest to the finish line for all athletes and spectators

Marlboro will use the Home Grandstands closest to the start line for all athletes and spectators

Teams are welcome to set up a "team camp area" separate from the bleachers on the grass surrounding the track if they would like

Events

Throws- All athletes should bring their own implement or sanitize between use- no sharing of implements between schools

Shot, Disc, Long and Triple will be done starting in team flights followed by a "Top Flight" consisting of the top 8-10 athletes entered in the meet.

Jumps- Sanitizer spray will be provided in the High Jump and Pole Vault if an athlete chooses to sanitize the mat prior to jumping and will be allowed consecutive attempts at a height. Athletes may choose to use a soft covering over the pit if they want but will be required to take consecutive attempts.

No one will be allowed in the school building. All restrooms will be outside porta potties.