

44th Annual Pearl River Holiday Track & Field Festival

Rockland Community College Fieldhouse

Monday, December 27, 2021

Order of Events-Fieldhouse Door Open at 7:45 am

PLEASE NOTE-VACCINATION IS NOT REQUIRED

***NEW - F.A.T TIMING FOR ALL RACES-INCLUDING THE DASH AND HURDLES**

| Frosh Soph Running Events | | Frosh Soph Field Events | |
|---|--------------------------------|---|---|
| 8:30 am | Boys 55m Hurdles (on infield) | 8:30 am | Girls Shot Put (3 throws) |
| | Girls 55m Hurdles (after boys) | 8:30 am | Girls Pole Vault (5'- 6'- 7'- 7'6 - 8') |
| 8:30am | Girls 55m Dash | 8:30 am | Boys High Jump (4'3 – 4'6- 4'9 - 5'- 5'2 - 5'4) |
| | Boys 55m Dash (after girls) | | |
| 8:30am | Girls 1600m Run | | Girls High Jump (3'6 - 3'9- 4'- 4'2 - 4'4 - 4'6) |
| | Boys 1600m Run | | (to follow boys f/s HJ) |
| | Girls 200m Dash | 8:30 am | Girls Triple Jump (3 jumps) |
| | Boys 200m Dash | | Boys Shot Put (3 throws) |
| | Girls 800m Run | | Boys Long Jump (after Girls TJ) |
| | Boys 800m Run | | Boys Pole Vault (after Girls F/S PV) (7'-8'- 8'6) |
| | Girls 800m Relay | | Boys Triple Jump (after Boys LJ) |
| | Boys 800m Relay | | Girls Long Jump (after Boys TJ) |
| | Girls 3200m Relay | | |
| | Boys 3200m Relay | | **Girls Pole Vault warmup will begin at |
| | Girls 1600m Relay | | 7:45am. Competition will begin at 8:30am!! |
| | Boys 1600m Relay | | |
| Girls 1500m Walk | | | |
| Approximately 12:00 pm Alumni Mile | | | |
| Varsity Running Events (approximately 12:30pm) | | Varsity Field Events (not before 11:30 am) | |
| Girls 1500m Walk | | Girls Shot Put | |
| Boys 55m Hurdles (on infield during 1500m Walk) | | Girls High Jump (4' – 4'3 – 4'6 – 4'8 – 4'10") | |
| Girls 55m Dash (after boys hurdles) | | Boys High Jump (5' – 5'3 – 5'6 – 5'8 – 5'10) | |
| | | (after girls Varsity HJ) | |
| Girls 3000m Run | | Girls Pole Vault (7' - 8'- 9'- 9'6") | |
| Boys 3200m Run | | Girls Triple Jump | |
| Girls 55m Hurdles (after girls 55 Dash) | | Boys Long Jump (after Girls TJ) | |
| Boys 55m Dash (after girls 55m Hurdles) | | Boys Triple Jump (after Boys LJ) | |
| Girls 1000m Run | | Girls Long Jump (after Boys TJ) | |
| Boys 1000m Run | | Boys Shot Put (after Girls 55m Hurdles) | |
| Girls 600m Run | | Boys Pole Vault (after Girls PV) (8'- 9'- 10'- 10'6") | |
| Boys 600m Run | | **There will be 3 attempts only in the | |
| Girls 1500m Run | | boys and girls LJ, TJ, & SP. | |
| Boys 1600m Run | | ** There will be no finals in any of the | |
| Girls 300m Dash (final on time) | | field events. | |
| Boys 300m Dash (final on time) | | | |
| Girls 3200m Relay | | | |
| Boys 3200m Relay | | | |
| Girls 800m Relay | | | |
| Boys 800m Relay | | | |
| Girls 1600m Relay | | | |
| Boys 1600m Relay | | | |

ENTRY OPTIONS

PLAN A: \$7.00 per individual entry and \$20.00 per relay
PLAN B: \$500.00 Maximum Entry – Unlimited entries in all events for both boys and girls
PLAN C: \$350.00 Maximum Entry – Unlimited entries in all events for Single Gender Entry (boys or girls)

Entries close on Wednesday 12/22/21

Total entry fee must be enclosed

Make checks of vouchers payable to: Pearl River Harrier Club c/o Gilby Hawkins

Entries should be sent to

Pearl River High School

275 East Central Avenue, Pearl River NY 10965

REMEMBER THIS IS AN ENTRY FEE – NOT A PARTICIPATION FEE!!!!

Entry Restrictions: An athlete may compete in any two events
Entry Procedure: **All entries must be done online through [Milesplit.com](https://www.milesplit.com)**
Awards: There will be six medals awarded in each and every event. There is no team score kept in either division and no team awards will be given.

SUBMIT ENTRY- [BY CLICKING HERE FOR A GOOGLE FORM](#)

ENTER ONLINE THROUGH MILESPLIT BY [CLICKING HERE](#)

MEET ODDS AND ENDS

1. The two-event rule is in effect for all athletes.
2. No starting blocks or spikes in any event.
3. Please supply your own pins and batons.
4. Warm-up in the upper balcony or outside, not on the track or infield!
5. Please have your buses park in the large parking lot in back of the field house.
6. All events are final on time except the 55 hurdles and the 55m dash.
7. Entries are due on Wednesday, December 22, 2021.
8. Any questions, please email Gilby Hawkins - HawkinsG@pearlriver.org
9. Sanctions have been received for the NYSPHSAA and New Jersey
10. Medals to the top 6 in individual events and relays.
11. Please stay at the field house. Do not enter any other buildings.
12. National Federation rules are in effect, including the jewelry rule!

COVID REGULATIONS

1. **NO SPECTATORS!**
2. **MASKS must be worn at all times (including during warm ups and cool downs).**