



SUFFERN INVITATIONAL

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

Friday, January 14, 2022 - 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>	<i>Max Entry per team</i>	<i># Entries</i>	<i>On the Infield</i>		<i># Entries</i>
1500m walk	5 Entries per gender		Girls' 55 m dash	5 Entries per gender	
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>	<i>Max Entry per team</i>	<i># Entries</i>			
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)		
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)		
High Jump (G followed by B)	3 Entries per gender				
Pole Vault (B, G)	3 Entries per gender				
Shot Put (G, B)	5 Entries per gender				

Entries close Friday, January 7, 2022

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: Meet is now a F.A.T. meet so all entries should be done online at

Section One Schools - <https://ny.milesplit.com/meets/450973-suffern-invitational-2022#.Ya6FpdMIdU>

Outside Section One Schools - <https://ny.milesplit.com/meets/455026-suffern-invitational-outside-schools-2022/info#.YdvkSmjMIIdU>

AWARDS: Medals to top six in each event; award to top team.

Questions – Contact Jeff Dempsey 845-304-7817 jdempsey@sufferncentral.org



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ORDER OF EVENTS

4:30pm	On the Oval	<u>On the Infield</u>
	1500 m racewalk	Order of infield races, all races in lanes
	3200 m run (B)	Boys' 55m HH (Trials followed immediately by Boys HH Final)
	3000 m run (G)	
	1000 m run (B, G)	Girls' 55m HH (Trials followed immediately by Girls HH Final)
	600 m run (B,G)	
	1600 m run (B)	Boys' 55m dash (Trials followed immediately by Boys Dash Final)
	1500 m run (G)	
	300 m run (B, G)	Girls' 55m dash (Trials followed immediately by Girls Dash Final)
	3200 m relay (B, G) Final on Time	
	800 m relay (B, G) Final on Time	(above events-Trials, Finals)
	1600 m relay (B,G) Final on Time	
	Field Events	
	<u>Jump Pit Order</u> (All jumping from Concession Stand runway)	
1	Triple Jump (Girls Open Pit)	3 Entries per gender
2	Triple Jump (Boys Open Pit)	3 Entries per gender
3	Long Jump (Girls Open Pit)	3 Entries per gender
4	Long 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
	Shot Put (G, B)	5 Entries per gender

Entries close Friday, January 7, 2022

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