



# SUFFERN INVITATIONAL

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

## Friday, January 13, 2023 - 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>		<u># Entries</u>
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>	<u>Max Entry per team</u>	<u># Entries</u>			
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 6, 2023**

**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) \$550.00 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. (Fulton Accurate Timing) meet so all entries should be done on-line at  
<https://ny.milesplit.com/meets/506904-suffern-invitational-2023#.Y1-9PXbMIdU>

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

Questions – Contact Jeff Dempsey 845-304-7817

[jdempsey@sufferncentral.org](mailto:jdempsey@sufferncentral.org)



# **SUFFERN INVITATIONAL**

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

**Friday, January 13, 2023 - 4:30 pm**

## **ORDER OF EVENTS**

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

**Entries close Friday, January 6, 2023**

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