



# MOUNTIE MADNESS

*UNDER THE LIGHTS*

Friday, April 14, 2023 - 4:30pm

**McConnell Stadium**

**@Suffern Middle School**

Ultra-Fast 8 Lane All-Weather Track, 4 Jumping Pits, 2 High Jump Pits,  
2 Shot Circles, Discus, Pole Vault

**Entry Fee:** \$600.00 (boys/girls combined team) \$300.00 (boy or girl team)  
\$15 per Individual, \$25 per Relay.

**Make Checks Payable to:**

Suffern Track  
c/o Jeff Dempsey  
49 Viola Road  
Suffern, NY 10901

**Entry Deadline:** Monday, April 11<sup>th</sup> [Click Here for Registration on Milesplit](#)

**Timing** – Fulton Accurate Timing will be doing all timing and results

**Officials** - BOCES Officials will be used and cost will be divided over the teams competing.

**Only 1/4" Spikes, supply your own batons.**

**Track**

**Order of Events: (4:30 start)**

- 3000m/2000m Steeplechase
- 110HH/100HH
- 400m
- 200m
- 400IH
- 1600m/1500m
- 800
- 4x100m
- 4x400m

**Field**

**Order of Events: (4:30 unless noted)**

- Triple Jump - ( 3 Jumps, **NO FINALS**)  
All 3 pits will be in use
  - Boys – 17ft and over ( 3 Jumps, **NO FINALS**)
  - Girls – 14ft and over ( 3 Jumps, **NO FINALS**)
  - Co-ed – Open pit (3 Jumps, **NO FINALS**)
- Long Jump – To follow Triple Jump Finals ( 3 Jumps, **NO FINALS**)
- Pole vault - Boys followed by Girls (Starting heights: Determined by entry)
  - Larger the Number of participants, Higher the Opening Height.
- High Jump - Girls followed by Boys (Starting heights: Determined by entry)
  - Larger the Number of participants, Higher the Opening Height.
- Discus - Boys followed by Girls (3 Throws **NO FINALS**)
- Shot put - Girls followed by Boys (3 Throws **NO FINALS**) Unlimited

**SPECIAL NOTES/LIMITATIONS:**

- 3 Pole Vault Athletes (per gender, per school)
- 3 Triple Jump Athletes (per gender, per school)
- 4 Discus Athletes Guaranteed (per gender, per school) Boys, before girls
  - Schools can get additional throwers (Boys over 115', Girls over 85')

**Please email me your intent to compete by April 11th**

Jeff Dempsey, Suffern Track & Field Head Coach  
845-304-7817 [jdempsey@sufferncentral.org](mailto:jdempsey@sufferncentral.org)



# MOUNTIE MADNESS

## UNDER THE LIGHTS

### GIRLS McCONNELL FACILITY RECORDS

EVENT	TIME	ATHLETE	TEAM	YEAR
<a href="#">100m</a>	11.67	<a href="#">ZOLA GOLDEN</a>	<a href="#">Arlington</a>	2014
<a href="#">200m</a>	24.03	<a href="#">SYMONE DARIUS</a>	<a href="#">New Rochelle</a>	2014
<a href="#">400m</a>	53.39	<a href="#">ZOLA GOLDEN</a>	<a href="#">Arlington</a>	2014
<a href="#">800m</a>	2:06.00	<a href="#">KAMRYN MCINTOSH</a>	<a href="#">Suffern</a>	2015
<a href="#">1500m</a>	4:27.32	<a href="#">KATELYN TUOHY</a>	<a href="#">North Rockland</a>	2018
<a href="#">3000m</a>	9:37.31	<a href="#">BELLA BURDA</a>	<a href="#">Arlington</a>	2015
<a href="#">100mH</a>	14.04	<a href="#">ASHLEY WIGGINS</a>	<a href="#">New Rochelle</a>	2014
<a href="#">400mH</a>	58:64	<a href="#">ELIZABETH MOTT</a>	<a href="#">New Rochelle</a>	2014
<a href="#">2K Steeple</a>	6:51.90	<a href="#">SHELBY GREANY</a>	<a href="#">Suffern</a>	2009
<a href="#">Triple Jump</a>	39-1	<a href="#">JEN CLAYTON</a>	<a href="#">Suffern</a>	2008
<a href="#">Long Jump</a>	19-5.25	<a href="#">JEN CLAYTON</a>	<a href="#">Suffern</a>	2009
<a href="#">High Jump</a>	5-7	<a href="#">KENDALL BENSCHKE</a>	<a href="#">Scarsdale</a>	2016
<a href="#">Pole Vault</a>	11-3	<a href="#">NICOLE CAREY</a>	<a href="#">Tappan Zee</a>	2008
<a href="#">Shot Put</a>	42-5.25	<a href="#">MONAE COOPER</a>	<a href="#">New Rochelle</a>	2016
<a href="#">Discus</a>	121-2.75	<a href="#">CHARLOTTE POPE</a>	<a href="#">New Rochelle</a>	2008
<a href="#">4x100m</a>	47.42	<a href="#">North Rockland</a>	-	2016
<a href="#">4x400m</a>	3:53.21	<a href="#">New Rochelle</a>	-	2016
<a href="#">4x800m</a>	9:10.84	<a href="#">Suffern</a>	-	2008

### BOYS McCONNELL FACILITY RECORDS

EVENT	TIME	ATHLETE	TEAM	YEAR
<a href="#">100m</a>	10.74	<a href="#">KEVIN MALIVERT</a>	<a href="#">RAMAPO</a>	2008
<a href="#">200m</a>	21.54	<a href="#">MIKE ABELARD</a>	<a href="#">RAMAPO</a>	2009
<a href="#">400m</a>	48.05	<a href="#">RAI BENJAMIN</a>	<a href="#">MOUNT VERNON</a>	2014
<a href="#">800m</a>	1:52.37	<a href="#">LUKE GAVIGAN</a>	<a href="#">TAPPAN ZEE</a>	2014
<a href="#">1600m</a>	4:12.00	<a href="#">JOHN MULLER</a>	<a href="#">ARLINGTON</a>	2009
<a href="#">3200m</a>	9:16.60	<a href="#">COLBY DELBENE</a>	<a href="#">PAWLING</a>	2008
<a href="#">110mH</a>	14.54	<a href="#">CHRIS RONES</a>	<a href="#">NEW ROCHELLE</a>	2008
<a href="#">400mH</a>	54.44	<a href="#">RYAN WHITLEY</a>	<a href="#">RAMAPO</a>	2008
<a href="#">2K Steeple</a>	6:08.40	<a href="#">KEVIN MCKENNA</a>	<a href="#">SUFFERN</a>	2009
<a href="#">3K Steeple</a>	9:45.12	<a href="#">BEN SMITH</a>	<a href="#">JOHN JAY-CROSS RIVER</a>	2015
<a href="#">Triple Jump</a>	48-0.5 NWI	<a href="#">THOMAS JOHNSON</a>	<a href="#">WHITE PLAINS</a>	2011
<a href="#">Long Jump</a>	23-8 NWI	<a href="#">THOMAS JOHNSON</a>	<a href="#">WHITE PLAINS</a>	2011
<a href="#">High Jump</a>	6-7	<a href="#">SEAN REILLY</a>	<a href="#">ARLINGTON</a>	2008
<a href="#">Pole Vault</a>	14-1	<a href="#">THOMAS QUALTER</a>	<a href="#">Clarkstown South</a>	2018
<a href="#">Discus</a>	172-10	<a href="#">ERIC FAVORS</a>	<a href="#">NORTH ROCKLAND</a>	2015
<a href="#">Shot Put</a>	60-4.25	<a href="#">ERIC FAVORS</a>	<a href="#">NORTH ROCKLAND</a>	2014
<a href="#">4x100m</a>	42.73	<a href="#">New Rochelle</a>	-	2018
<a href="#">4x400m</a>	3:22.09	<a href="#">NY Mount Vernon</a>	-	2018

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Jeff Dempsey, Suffern Track & Field Head Coach  
845-304-7817 [jdempsey@sufferncentral.org](mailto:jdempsey@sufferncentral.org)



# MOUNTIE MADNESS

*UNDER THE LIGHTS*

4x800m

7:56.60

NY Fox Lane

2009

## Entry Form

\$600 UNLIMITED ENTRY BOYS AND GIRLS \_\_\_\_\_

\$300 UNLIMITED ENTRY BOYS ONLY \_\_\_\_\_

\$300 UNLIMITED ENTRY GIRLS ONLY \_\_\_\_\_

**LIMITED ENTRIES:**

NUMBER OF TRACK RELAYS \_\_\_\_\_ X \$25.00 = \_\_\_\_\_

NUMBER OF INDIVIDUALS \_\_\_\_\_ X \$10.00 = \_\_\_\_\_

Minimum Entry is \$60 per team.

**TOTAL** \_\_\_\_\_

**School** \_\_\_\_\_

**BOYS' COACH:** \_\_\_\_\_ **GIRLS' COACH:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_ **EMAIL:** \_\_\_\_\_

**SCHOOL PHONE:** \_\_\_\_\_ **SCHOOL PHONE:** \_\_\_\_\_

**SCHOOL ADDRESS:** \_\_\_\_\_

**MAIL TO:** Jeff Dempsey - Suffern Track  
Suffern High School  
49 Viola Road  
Suffern, NY 10901  
**OR FAX TO:** (845) 357-4947

**Please email me your intent to compete by April 11th**

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