



2026 River Hawk High School Invitational

Meet Information

January 11, 2026



Susquehanna University's Athletic Department would like to welcome your Track and Field teams to the 2026 River Hawk High School Invitational, scheduled for Sunday, January 11, 2026 at 10 AM in the James W. Garrett Sports Complex Bob Estil Field House located on the campus of Susquehanna University.

Included in this packet, you will find meet information, entry procedures and a time schedule. Please read the material carefully and adhere to the declaration time and date. Best of luck to all this season!

Schedule of Events: The Building will be open for teams to arrive no earlier than 8:30am. The meet will operate on a rolling schedule beginning at 10:00am. Please refer to the attached map of the field house for event set-up. All running events will be contested Boys followed by Girls unless otherwise noted.

<u>Track Events</u>	<u>Field Events</u>
10:00am 4x800m Relay 60H Trials 60m Trials Mile Run 60m Finals 60H Finals (girls first) 400m 4x200m Relay 800m 200m 3,000m 4x400m Relay	10:00am Shot Put Boys (girls to follow) Long Jump Girls (boys to follow) Triple Jump G-B (Follows LJ) 10:00am Pole Vault B-G High Jump B-G

Entries: Teams should submit entries on the Milesplit website. Entries will open December 28, 2025 and will close on Friday January 9th at 6:00 PM. Please search for "2026 River Hawk High School Invitational".





Entry Limits:

3 individual events per athlete.

3 Athletes per event/school.

2 relays per school.

The Horizontal Jumps will be capped at top 32 entries. (2 Flights each)

Coaches may submit requests to senecal@susqu.edu if they have athletes they feel should be entered over allotted amount. We will not go over 2 flights in Horizontal jumps.

Entry Fees: Registration will take place at the finish line table.

- \$25/athlete
- NO CAP PER TEAM

Please make checks payable to Susquehanna University Athletics. Please bring payment to the meet or mail in advance to:

Ethan Senecal
Susquehanna University
514 University Ave
Selinsgrove, PA 17870

Teams/Coaches are responsible for making individual payments day of. We will not accept payments from athletes or parents.

No refund for scratches and no substitutions. **YOU PAY FOR ENTRIES!**

Weather Policy- If meet is contested and a team chooses or is informed by administration that they may not compete are still responsible for 50% of the total entry fee. If meet is cancelled due to inclement weather teams will not be required to make payment and will be issued refunds if applicable.

Results: Leone Timing will provide timing and results at leonetiming.com





Facilities: Attached, is a map of the Garrett Sports Complex Field House, which outlines the meet set-up. Teams are required to set up “camp” in the designated team area only and all food and drink must remain on tarps or in team area. If the Gymnasium is available teams will be permitted to use the outside area and must stay off the main court. No spikes are permitted outside of the field house. **ONLY ¼ inch pin/pyramid spikes or less may be worn during the meet.**

Section/Flights: All track races 200m and up will be contested in sections, seeded slow to fast. In the 60m dash and 60m hurdles trials, heats will be drawn randomly with the top 8 fastest times advancing to finals. Throws and horizontal jumps will be power seeded with the best flight going last (closer to finals). Each competitor will receive 3 preliminary attempts, with the top 8 qualifying to the finals for three more attempts. No general warm-ups; flight specific.

Minimums/Starting Heights -May change at the discretion of meet director, below is what we anticipate will be minimums and starting heights.

GLJ-14'	GTJ-30'	GSP-27'	BPV-9'	BHJ-5'
BLJ-18'	BTJ-38'	BSP-35'	GPV-7'	GHJ-4'

Weigh- Ins: All throwing implements will be inspected from 8:30 – 10:00 AM near the throws area in the House of Fields. Any implements found illegal will be impounded.

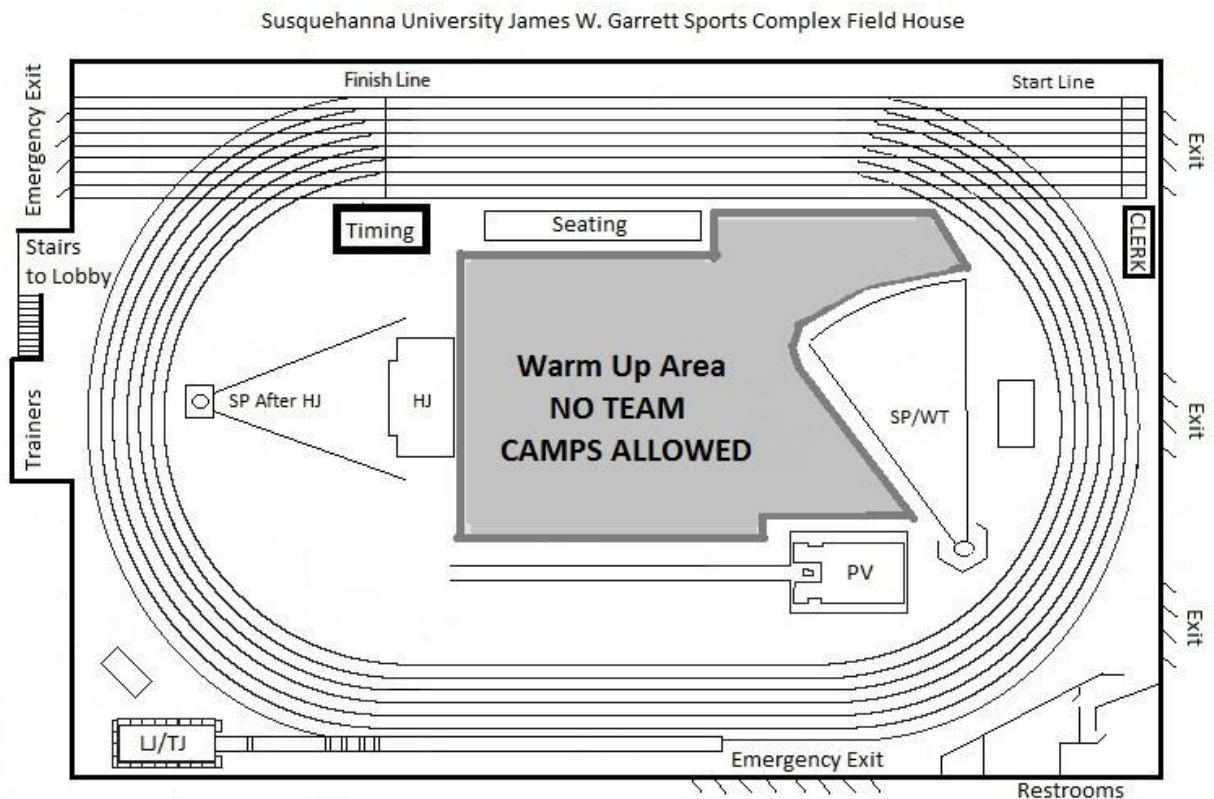
Medical Staff: An Athletic Trainer will be present throughout the competition. Any team that wishes to have any athletes taped must supply all materials needed. Training staff will not administer any treatment or modalities of any kind other than emergency actions.

Spectators:Spectators will be allowed this year with a fee of \$5 for admissions.





Facility Map:



Team Drop Off/Bus Parking: Team are to drop off in the parking lot off of W. Sassafras St. Teams should travel into Selinsgrove via Market St and turn on W. Sassafras St. The entrance to the parking lot is less than a half mile down Sassafras on the right. Please note there is a sign that says “no busses” please disregard. Drop off at the stairs near the railroad track and enter through the East side of the Field House near the bathrooms. We have included a map for you to reference. For GPS please enter 316 W. Sassafras St, Selinsgrove PA, 17870.





Drop Off Instructions Map

