

11th Annual
Race at the Oval Office
Saturday, May 2nd, 2026
FDR High School - Hyde Park, NY



**You are formally invited to the 11th annual Race at the Oval Office!
We hope for fast times and great competition!**

Access Meet Entry Through ny.milesplit.com

Only scratches will be accepted on race day!

ENTRIES:

- Each school will be permitted 3 entries per individual event and 1 entry per relay.
- Individuals can be entered in a maximum of 4 events.
- Scratches can be made the morning of the meet upon arrival. ***No additions will be accepted on race day!***
- Freshmen/Sophomore races will take place in the morning and the Varsity portion of the meet will take place once they are completed. Athletes may participate in both portions of the meet for running events only.
- Be as accurate as possible with athlete/relay seed times.
- Make sure when you are entering your athletes online that they are entered in the correct portion of the event (Freshmen/Sophomore or Varsity).

2026 Order of Events

ALL RUNNING EVENTS - GIRLS THEN BOYS

Freshmen/Sophomore Portion - 9:00am start

SMR (400, 200, 200, 800)
100/110 High Hurdles - Fastest Seeds Last
100M Dash - Fastest Seeds Last
1500M/1600M Run
400M Dash
4x800M Relay
4x100M Relay
4x400M Relay
Steeplechase (2000m)

Varsity Portion - No Earlier Than 11:00am Start

Steeplechase (2000m/3000m)
SMR (400, 200, 200, 800)
110/100 High Hurdles - Prelims
100M Dash - Prelims
1500M/1600M Run - Fastest Heats Last
400M Dash
100/110 High Hurdles - Finals
100M Dash - Finals
800M Run
400M Hurdles
4x800M Relay
4x100M Relay
4x400M Relay

FIELD EVENTS - Varsity Portion No Earlier Than 11:00am Start

Pole Vault - Combined

Freshmen/Sophomore Opening - 6'0" and moving up 6" until 12'0"

Varsity Opening - 6'0" and moving up 6" until 14'0"

Long Jump - Boys then Girls

Triple Jump - Girls then Boys

High Jump - Girls then Boys

Girls' Opening - Freshmen/Sophomore: 3'6" Varsity: 4'0" *Up 3" to 5' then 1"

Boys' Opening - Freshmen/Sophomore: 4'6" Varsity: 5'0" *Up 3" to 6' then 1"

Shot Put - Boys then Girls

Discus - Girls then Boys

*****Please make sure all athletes are listening for event calls*****