

# 2026 Lipsey Freshman/Sophomore Invitational

## Presented by Hempstead High School

### Running & Relay Events- Girls followed by Boys: 9:00 AM Start

*First events will start clerk at 8:45 AM. ALL EVENTS MUST BE PRE-SEEDED ONLINE*

1. Freshman Girls 400Mh
2. Freshman Boys 400Mh
3. Sophomore Girls 400Mh
4. Sophomore Boys 400Mh
5. Freshman Girls 1500m
6. Freshman Boys 1500m
7. Sophomore Girls 1500m
8. Sophomore Boys 1500m
9. Freshman Girls 400m
10. Freshman Boys 400m
11. Sophomore Girls 400m
12. Sophomore Boys 400m
13. Freshman Girls 800m
14. Freshman Boys 800m
15. Sophomore Girls 800m
16. Sophomore Boys 800m
17. Freshman Girls 200m
18. Freshman Boys 200m
19. Sophomore Girls 200m
20. Sophomore Boys 200m
21. Sprint Medley Relay (400-200-200-800) Open
22. Sprint Medley Relay (400-200-200-800) Fresh/Soph
23. 4x400m Freshman Girls
24. 4x400m Freshman Boys
25. 4x400m Sophomore Girls
26. 4x400m Sophomore Boys

### Field Events (Individual)

#### Medals for Top 6 overall Fr/So & Open finishers

Triple Jump: Girls followed by Boys

High Jump: Girls followed by Boys

Shot Put: Girls followed by Boys

Discus: Girls followed by Boys

Long Jump: Girls followed by Boys

**Saturday, April 4<sup>th</sup>, 2026**

**ENTRY FORM:**

**School:**

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**School Phone:**

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**Team Entered:**      **Boys**\_\_\_\_\_ **Girls**\_\_\_\_\_ **Both**\_\_\_\_\_

**Girls Coach:**

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**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Boys Coach:**

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**Phone: Day**\_\_\_\_\_ **Email:** \_\_\_\_\_

**COST OF OFFICIALS WILL BE SPLIT AMONGST ATTENDING SCHOOLS.**

Girls' Blanket Entry \$300 \_\_\_\_\_

Boys' Blanket Entry \$300 \_\_\_\_\_

Both Entries \$550 \_\_\_\_\_

Individual Entry \$15.00 x \_\_\_\_ = \_\_\_\_ + Relay Entry \$40.00 x \_\_\_\_ = \_\_\_\_

Entry Total \$ \_\_\_\_\_

**Please send completed entries by email to:**

**Hempstead High School c/o Lenroy Raffington**

[lraffington@hempsteadschools.org](mailto:lraffington@hempsteadschools.org)

[sperez@hempsteadschools.org](mailto:sperez@hempsteadschools.org) (Athletic Director)

**201 President St**

**Hempstead NY, 11550**

**Phone: (516) 984-4928**

**Make Checks Payable to:**

**Hempstead Union Free School District**

**(Please indicate TRACK AND FIELD)**