

# THE TWENTY-FIRST ANNUAL GANDER INVITATIONAL

FRIDAY- APRIL 17th- 4:30PM

The Rondout Valley Track Booster Club and the Rondout Valley Track Teams would like to invite you to participate in our 21st Annual Gander Invitational.

\$450 per school (Boys and Girls) or \$225 per single team \$20 per event

Payment: Send voucher or check payable to: **RVEF- TRACK BOOSTER** See attached payment form and W9

Awards: Top 3 in all events receive medals. Top 2 teams receive Plaque

Entries: All entries done on MileSplit

Deadline: Entries must be entered on MileSplit by Monday, April 16th, 2026

Meet t-shirts and sweatshirts will also be for sale provided by Fine Designs.

## MEET RULES AND MISC.

1. Limit 3 entries per event except 100 meter (4 entries)
2. Invitational 3000/3200 will be the top 15 fastest confirmed times submitted by 4/13 at 9PM with a limit of 2 entries per team.
3. Throwers 55 dash (Max 3 per team) is for throwers who participate in throwing but NO other events. Award: One dozen donuts to share with the squad.
4. All track events will be run fast to fastest except the 100 dash (semis and finals)
5. Competitors in all field events will be allowed 3 attempts. No finals.
6. Schools may enter two teams for the relays but only one can score.

3 entries per event except 100 meter dash (4) and Invitational 3000/3200 (2)

**Order of Events- Track- 4:30 PM Start- Warmups start at 3:30PM**

- 1) Invitational 3000 Run – Girls- Top 15 entries
- 2) Invitational 3200 Run – Boys- Top 15 entries
- 3) 100 Hurdles–Girls Final on Time
- 4) 110 Hurdles –Boys Final on time
- 5) 100 – Semis Girls
- 6) 100 – Semis Boys
- 7) 800 Girls
- 8) 800 Boys
- 9) 100 Finals (top 8 times from semis)- Girls
- 10) 100 Finals (top 8 times from semis)- Boys
- 11) 400 IH Girls
- 12) 400 IH Boys
- 13) 1500 Meter – Girls
- 14) 1600 Meter –Boys
- 15) 200 Meter – Girls
- 16) 200 Meter – Boys
- 17) Throwers “Dunkin Donuts” 55 Dash- Girls
- 18) Throwers “Dunkin Donuts” 55 Dash- Boys

**Relays Under The Lights**

- 19) 3200 Relay (4x800) Girls
- 20) 3200 Relay (4x800) Boys
- 21) 400 Relay (4x100) Girls
- 22) 400 Relay (4x100) Boys
- 23) 1600 relay (4x400) Girls
- 24) 1600 relay (4x400) Boys

**Field Events- Warmups open at 3:30 PM- Event Starts at 4:30 PM**

Long Jump 2 Pits (Boys and Girls)  
Followed by Triple Jump 2 Pits (Boys and Girls)  
Pole Vault Girls followed by Boys  
Boys and Girls High Jump 2 Pits (Boys and Girls)  
Girls Shot followed by Disc  
Boys Discus followed by Shot

# 2026 Rondout Valley Gander Invitational Entry Form

Cost: \$450 Boys and Girls Teams  
\$225 Each Team      Boys Only \_\_\_\_\_      Girls Only \_\_\_\_\_  
\$20 Individual Entry

Note: This is an entry fee, not a participation fee.

School Name \_\_\_\_\_

## Coaches Contact Information

Name \_\_\_\_\_

Phone # \_\_\_\_\_

Email \_\_\_\_\_

**Make Checks Payable to: RVEF - TRACK BOOSTER**

[W9 Form- RONDOUT VALLEY EDUCATION FOUNDATION](#)

Fax Mail Entry by April 3rd, 2026

To: Rondout Valley Athletic Dept.  
C/O Jake Maloney  
PO Box 9  
Accord N.Y. 12404

Email [jmaloney@rondout.k12.ny.us](mailto:jmaloney@rondout.k12.ny.us) to reserve your spot

RV Athletics Fax – 845-687-0998

Questions About Payment Call Jake Maloney at: 845-706-3297