

# Sussex County Invitational High School Track and Field Lenape Valley Regional High School May 11, 2026 - 4:00 PM

**\*\*\*\* Entries are limited to High Schools in Sussex County, NJ**

Enclosed is the meet schedule/information on our Sussex County Invitational Meet (May 11th). ONLY high school athletes are eligible to compete. Best of luck with your season and please contact us with any questions.

## FACILITY:

- All events will be held at Lenape Valley Regional High School
  - Running/Jumping events will be held in Smolyn Stadium
  - All Throwing Events will be held on fields surrounding the stadium
- Events will start promptly at 4:00 PM
  - Long Jump/Triple Jump and Javelin will begin as early as 3:30 pm.
- Please arrive no earlier than 2:30 PM

## ENTRY FEES:

- \$20.00 per event per individual/ \$25.00 per relay
- Team entries: \$300.00 per team (\$600 combined boys and girls).
- Make check payable to Lenape Valley Regional High School
  - If you're mailing it ahead of time, please send it to:

Attn: Robert Cline, Athletic Director  
Lenape Valley Regional High School  
28 Sparta Rd.  
Stanhope, NJ 07874

ALL Meet Questions : please email - [rcline@lvhs.org](mailto:rcline@lvhs.org)

## ENTRY PROCEDURES:

We will be using Milesplit. Entries are due May 9th.

No additional entries will be accepted after 4pm on May 9th.

**\*\*\* THERE WILL BE NO ADDING ATHLETES/RELAYS ON MEET DAY\*\*\***

## **PARKING:**

There will be two parking lots available to spectators located on either side of our school building as shown to the right.

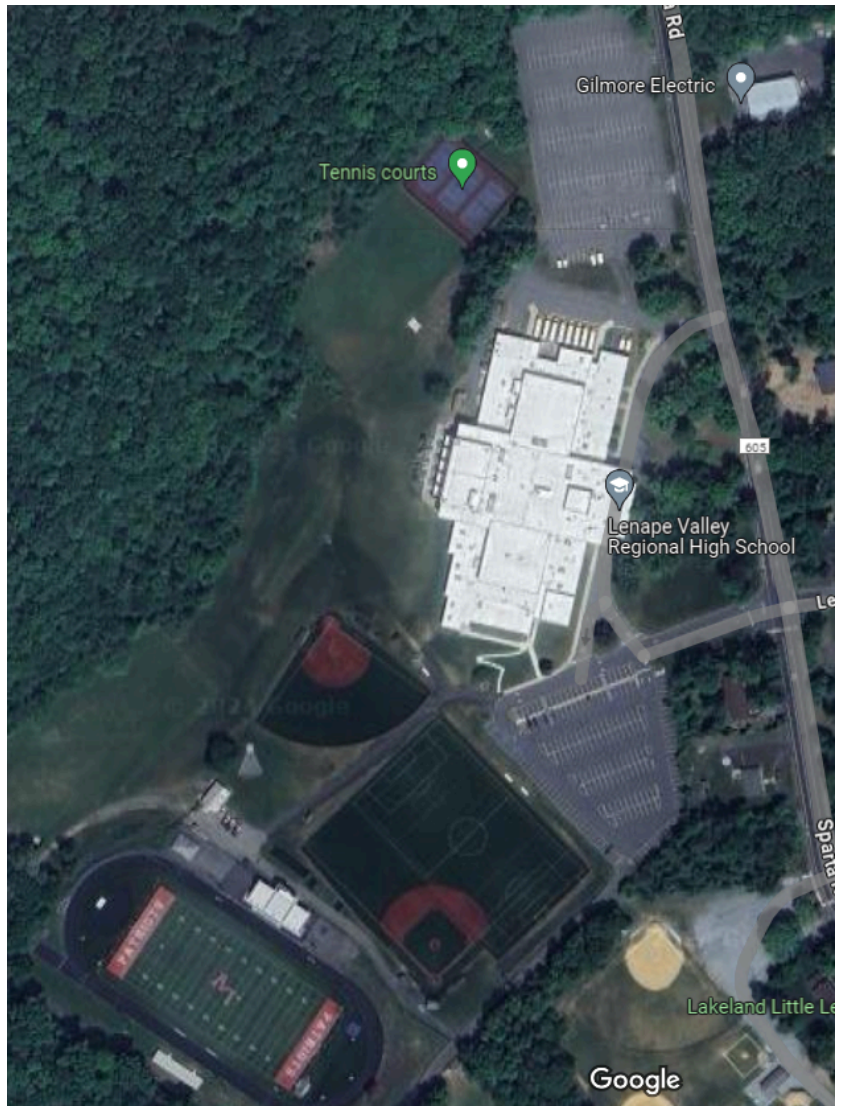
**BUSES:** Buses should unload in our front lot (located at the bottom of the image to the right.) Once unloaded buses should proceed by turning left out of the parking lot and taking the first left hand turn to line up along Stracoo Drive (the portico drive to our building).

**DRESSING FACILITIES:** Lockers and showers are not available. Valuables should be secured.

**EQUIPMENT:** Bring your own throwing implements, tape measures, and poles, and blocks.

## **CLERK OF THE COURSE/**

**CHECK-IN:** PLEASE have your athletes check-in at first call so we can keep the meet moving (field event at the site...running events clerked at tent on the infield).  
**COACHES SHOULD SCRATCH  
ATHLETES NOT COMPETING!!!**



**AWARDS:** Top three finishers in each event will receive a medal

## **OTHER INFORMATION**

- Athletic Trainers will be available at the medical tent located on the infield of the stadium - An ambulance will be on site if there is an emergency.
- We will have a concession stand for food/t-shirts that will be open.
- At the end of the meet please CLEAN UP your area!
- In case of lightning we will evacuate to the gymnasium in the high school.

## Sussex County Invitational Meet Schedule: Monday, May 11, 2026

### **ORDER OF EVENTS Boys First Girls Second**

4x100 meter Relay  
400 meter Hurdles  
1600 meter Boys  
100 meter Trials  
1600 meter Girls  
110/100 Hurdle Trials  
100 Final Boys/Girls  
400 meters  
100/110 Hurdles Finals  
800 meters  
200 meters  
3200 meters  
4x400 meter Relay

### **Field Events: Top 8 will move to finals in Throws, Long, Triple**

**Pole Vault / Girls at 4:00pm - Opening height - TBD based on entries**

**Pole Vault / Boys to follow - Opening height - TBD based on entries**

**Bar will be raised in 6-inch increments**

**Boys High Jump at 4:00 pm - Opening height - TBD based on entries**

**Girls High Jump to follow - Opening height - TBD based on entries**

**Boys and Girls Long Jump Open Pit 3:30-6:00 pm**

**Boys and Girls Triple Jump Open Pit 3:30-6:00 pm**

**Boys Discus First, Girls to Follow**

**Girls Shot First, Boys to Follow,**

**Boys and Girls Jav Open Pit 3:30-6:00 pm**