

# Floral Park Memorial

## The Knight's Invite

Friday, May 8th, 2026



- Time: Clerking begins at 4:00pm, First event at 4:30pm, rain or shine.
- Timing: Pre-seeding for all events on MileSplit. FAT Timing by EliteFeats.  
Rosters must be added on Milesplit by May 6th, 2026
- Awards: Medals to top 3 in each individual event, top 3 relay events
- Equipment: Starting blocks and spikes acceptable. Please supply your own relay baton.
- Event information:
- The high jump will start at 4' for girls and 5' for boys
  - Two Jumping Pits for Long Jump & Triple Jump.
  - Three event limit.
- Food: Will be on sale the day of the meet by the Floral Park Booster Club! We accept Cash, Credit Card, and ApplePay
- Entry Fees: **Section VIII Schools:** \$300.00 boys team, \$300.00 girls team or \$600.00 combined team, plus the cost of officials. Official costs will be split between schools and billed through BOCES.  
**Non-Section VIII Schools:** \$350.00 boys team or girls team. \$700.00 combined teams.  
**Individuals:** \$12.00 per event. \$20 per relay team.  
**Minimum entry fee:** \$60.00  
This is an entry fee NOT a participation fee.
- Entry Due: Please fill out entry information and send to:  
**Floral Park Booster Club**  
Floral Park Memorial High School  
c/o William Rockensies  
210 Locust Street  
Floral Park, NY 11001  
**Reminder: Make checks/ P.O.'s payable to: Floral Park Booster Club**
- Questions: Please contact: Billy Rockensies  
Phone: (516) 297-1449 cell  
Email: wrockensies@sewanhaskaschools.org
- Address: Floral Park Memorial High School  
210 Locust Street  
Floral Park, NY 11001

Order of Events: Each competitor may compete in any three events

**RUNNING EVENTS:**

400m Intermediate Hurdles	BOYS
400m Intermediate Hurdles	GIRLS
100m (Trials)	BOYS
100m (Trials)	GIRLS
110m High Hurdles (Trials)	BOYS
100m High Hurdles (Trials)	GIRLS
100m (Finals)	BOYS
100m (Finals)	GIRLS
100m High Hurdles (Finals)	GIRLS
110m High Hurdles (Finals)	BOYS
400m	BOYS
400m	GIRLS
1600m	BOYS
1500m	GIRLS
200m	BOYS
200m	GIRLS

**RELAYS:**

4x100	BOYS followed by GIRLS for all relays
4x800	
4x400	

**FIELD EVENTS**

All events begin at 4:30pm

BOY'S: LJ – 16'; TJ – 32'; SP – 28', DT – 80'; HJ – starts at 5' – up 2" to 6' 2" – then up 1" thereafter

GIRL'S: LJ – 13'; TJ – 28'; SP – 22', DT – 60'; HJ – starts at 4' – up 2" to 5' 2" – then up 1" thereafter

Long Jump (followed by Triple Jump)

High Jump (Girls followed by Boys)

Shot Put (Boys followed by Girls)

Discus (Girls followed by Boys)

**Seeding: TIMING: FAT TIMING WILL BE DONE BY ELITE FEATS**

**ALL EVENTS MUST BE PRE-SEEDED ON OUR HOME PAGE ON NY MILESPLIT**

**Spikes: Only 1/4" spikes are permitted on shoes and blocks.**

**Batons/Blocks: You must supply your own starting blocks and batons.**

**ENTRY SHEET**

SCHOOL  BOYS  GIRLS

COACH  CELL PHONE

E-MAIL

**BOYS EVENTS # ENTRIES**

400 Hurdles	
100	
110H	
400	
1600	
200	
HIGH JUMP	
LONG JUMP	
TRIPLE JUMP	
SHOT PUT	
DISCUS	
4 X 100	
4 X 800	
4 X 400	

**GIRLS EVENTS # ENTRIES**

400 Hurdles	
100	
100H	
400	
1500	
200	
HIGH JUMP	
LONG JUMP	
TRIPLE JUMP	
SHOT PUT	
DISCUS	
4 X 100	
4 X 800	
4 X 400	

**FEES**

**BLANKET FEE** (Sec VIII: \$300 or \$600 both Boys & Girls)  
 (Non-Sec VIII: \$350 or \$700 both Boys & Girls)

**INDIVIDUAL ENTRY X \$12.00** \_\_\_\_\_

**RELAY ENTRIES X \$20.00** \_\_\_\_\_

**TOTAL ENTRY FEE:**

**Payable to:** Floral Park Booster Club

**Mail to:** William Rockensies  
 Floral Park Memorial High School  
 210 Locust Street  
 Floral Park, NY 11001

or **E-mail:** [wrockensies@sewanhaka.org](mailto:wrockensies@sewanhaka.org)  
 or text 516-297-1449