

Westhampton Beach Boys Track Invitational 23rd Annual

April 25th, 2026
8:30 am Start
Rain or shine
6 lane all weather Track
FAT timing

Athletes will have the chance to participate in two divisions open and novice. Timing will be done by Elite Feats. Medals to the top six in each division. Athletes that exceed the standard by a large margin should be placed in the open. Coaches should make placement accordingly.

Three event rule. Pole vault is open only. Progression for pole vault will be 9,10,11-6, 12.

Entry will be done using Mile Split due 4/23/2026.

Blanket fee of \$200 payable to Hurricane Booster Club Track.

Food, T-shirts, and Running apparel will be on sale.

Event Order (Open Division Runs First)

1. 3200m run — Standard: 12:00
2. 100m hurdles — Standard: 19.9
3. 100m dash — Standard: 13.3
4. 800m — Standard: 2:29
5. 400m — Standard: 71
6. 1600m — Standard: 5:27
7. 400m hurdles — Standard: 72
8. 200m — Standard: 28
9. 4x400m — 2 team limit
10. 4x100m — 2 team limit
11. 4x800m — 1 team limit
12. High Jump — 2 pits, Novice starts at 4'6", Open 5'2"
13. Open Shot Put — 35' and Novice first (2 sectors)
14. Open Discus — 3 throws after open shot 80', then novice Disc 2 throws
15. Novice Long Jump — 15'2", Open 3 jumps 9:45 am start
16. Novice Triple Jump — 32', 2 jumps then open 3 jumps at 11:15 am

Entries mailed to: Westhampton Beach High School
49 Lilac Road
Westhampton Beach, NY 11978
Attention: Jason Cohen

School: _____

Coach: _____

Cell: _____

Email: _____