



Date: Friday May 1, 2026

Time: 4:00pm (track & field events)

Location: Fonda-Fultonville High School

Payment: \$250/gender or \$400 Co-ed: Payment due before the first event of the meet

SEND CHECKS/VOUCHERS TO: FONDA-FULTONVILLE CENTRAL SCHOOL DISTRICT
% ASHLEIGH PHILLIPS

FONDA-FULTONVILLE HIGH SCHOOL
BOX 1501
112 OLD JOHNSTOWN RD.
FONDA, NY 12068
OR SCAN TO EMAIL: aphillips@fccsd.org

MEET INFORMATION

FAT TIMING: Fully Automated Timing: Eric Webber

Scratches: Must be made prior to the start of the meet. No additions allowed after entries have closed

Clerking: Clerk will be stationed to the left (East) of the garage at the finish line side of the track

Team areas: Teams are allowed to set up anywhere outside the fence. Tents are allowed. No team areas should be stationed on the infield. NO EATING OR DRINKING ON THE TURF FIELD

LJ/TJ Pits: East pit is with the sand farthest from the grandstands, closest to the back stretch of the track. West pit is with the sand closest to the grandstands, closest to the garage/finish line of the track.

Scoring: Scoring will be 10-8-6-4-2-1

Top 6 individuals or relays will receive awards

Top 2 female teams, and top 2 male teams will receive team awards

Medals for top 6 in all events

T-Shirts for sale

Full Service concession stand

Provided by Whitey's Deli



ORDER OF EVENTS FOR FF INVITATIONAL 2026

ENTRIES: 2 PER EVENT - 1 RELAY

Plus two wildcards per team (2 boys, 2 girls) for individual events, not relays

RUNNING EVENTS- TIMED FINALS

| | |
|-------------------------------|--------|
| GIRLS STEEPLECHASE | 4:00PM |
| BOYS STEEPLECHASE | |
| <i>LOLLIPOP 200*</i> | |
| 3200m RELAY | GIRLS |
| 3200m RELAY | BOYS |
| 100m FROSH/SOPH HURDLES (30") | GIRLS |
| 100m VAR HURDLES (33") | GIRLS |
| 110m FROSH/SOPH (36") | BOYS |
| 110m VAR HURDLES (39") | BOYS |
| 100m DASH | GIRLS |
| 100m DASH | BOYS |
| 1500m RUN | GIRLS |
| 1600m RUN | BOYS |
| 400m RELAY | GIRLS |
| 400m RELAY | BOYS |
| 400m DASH | GIRLS |
| 400m DASH | BOYS |
| 400m IH | GIRLS |
| 400m IH | BOYS |
| 800m RUN | GIRLS |
| 800m RUN | BOYS |
| 200m DASH | GIRLS |
| 200m DASH | BOYS |
| 3000m RUN | GIRLS |
| 3200m RUN | BOYS |
| 1600m FROSH/SOPH RELAY | GIRLS |
| 1600m FROSH/SOPH RELAY | BOYS |
| 1600m RELAY | GIRLS |
| 1600m RELAY | BOYS |

*200m "race" for three groups (3-4, 5-6, 7-8 year olds). Upon completing the race, each runner will win a lollipop. Runners can be accompanied by a parent or older athletes. These runners do not need to be entered prior to the start of the meet. Please report to the starting line. Help us cheer on the youth of our sport!



FIELD EVENT INFORMATION

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| SHOT PUT | FIRST FLIGHT TOP 12 SEEDED 4 ATTEMPTS, NO FINALS Girls, followed by Boys |
| DISCUS | FIRST FLIGHT TOP 12 SEEDED 4 ATTEMPTS, NO FINALS Boys, followed by Girls |
| LONG JUMP (EAST PIT) | SEEDED FLIGHT 4 ATTEMPTS, NO FINALS Boys, followed by Girls |
| TRIPLE JUMP (WEST PIT) | SEED FLIGHT 4 ATTEMPTS, NO FINALS Girls, followed by Boys |

STARTING HEIGHTS AND PROGRESSIONS

Opening heights & progressions may be altered by meet management depending on entries or weather conditions.

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|----------------------------------|---|
| HIGH JUMP OPENING HEIGHT | G- 4'2, 4'4, 4'6, 4'8, 4'10, 5' +1 (athletes can pass) <u>Followed by:</u> B- 4'9, 5', 5'3, 5'6, 5'8, 5'10, 6' +1 (athletes can pass) |
| POLE VAULT OPENING HEIGHT | G – 6'6"; 7'; 7'6; 8'; 8'6; 9'; 9'6"; 10'; 10'6";+ 3" (athletes can pass) <u>Followed by:</u> B – 8'; 8'6; 9'; 9'6; 10'; 10'6; 11'; 11'6; 12'; 12'6; 13'; + 3"(athletes can pass) |