

**Suffolk County Girls Frosh/Soph Championships - Honoring Anthony Toro**

**Monday May 18<sup>th</sup>, 2026**

**Starting at: Running & Field Events 3:30 PM**

**Longwood High School**

**Extreme Weather Make-up Date is Thursday, May 21<sup>st</sup>, 2026**

**Entry Limits:** Athletes may on compete in **three** events. Athletes must compete in their own division. Frosh/Soph relays are open to both Sophomores and Freshmen. No Modified Athletes may compete in the meet.

**Awards:** Medals to Top 6 in each Individual event. (Soph and Frosh Divisions) Top three in each relay. Awards to the Top 3 teams in the Sophomore Division, Top Two in the Frosh Division.

**Scoring:** 10-8-6-4-2-1 Frosh/Soph events will be used for scoring in the Sophomore division.

**Equipment:** Only ¼" pyramid spikes are permitted in shoes & on blocks.

**Entry Fee:** \$10 per Individual Event, \$25 per Relay, \$200 Blanket Entry Fee/Unlimited Entry  
Schools will also be assessed an equal share of official fees by Section XI. No Refunds once you are entered.

A hard copy of your entry and PO/check must be received by May 15<sup>th</sup>. Online entries on MileSplit can be updated up to Sunday 5/17/2026 @ noon. Events will be pre-seeded, make sure your seeds are accurate.

Email [victor.archibald@longwoodcsd.org](mailto:victor.archibald@longwoodcsd.org) by May 8<sup>th</sup> with intention to participate.

**Entries must be accompanied with a check or purchase order. Teams that owe from past years, must make payments before entry.**

**Concession Stand will be open for food and drinks. Tee-Shirts will be for sale.**

PLEASE LIST THE NUMBER OF ATHLETES YOU ARE ENTERING IN EACH EVENT BELOW.

- |                        |                       |
|------------------------|-----------------------|
| ___ FROSH 100m Dash    | ___ SOPH 100m Dash    |
| ___ FROSH 200m Dash    | ___ SOPH 200m Dash    |
| ___ FROSH 400m Dash    | ___ SOPH 400m Dash    |
| ___ FROSH 800m Run     | ___ SOPH 800m Run     |
| ___ FROSH 1500m Run    | ___ SOPH 1500m Run    |
| ___ FROSH 3000m Run    | ___ SOPH 3000m Run    |
| ___ FROSH 100m Hurdles | ___ SOPH 100m Hurdles |
| ___ FROSH 400m Hurdles | ___ SOPH 400m Hurdles |
| ___ FROSH 1500m Walk   | ___ SOPH 1500m Walk   |
| ___ FROSH Steeplechase | ___ SOPH Steeplechase |
| ___ FROSH Long Jump    | ___ SOPH Long Jump    |
| ___ FROSH Triple Jump  | ___ SOPH Triple Jump  |
| ___ FROSH Pole Vault   | ___ SOPH Pole Vault   |
| ___ FROSH High Jump    | ___ SOPH High Jump    |
| ___ FROSH Shot Put     | ___ SOPH Shot Put     |
| ___ FROSH Discus       | ___ SOPH Discus       |

\_\_\_ F/S 4x100m Relay      \_\_\_ F/S 4x400m Relay      \_\_\_ F/S 4x800m Relay

\_\_\_ Open 2000m Steeple



**SCHOOL:** \_\_\_\_\_

**COACHES NAME & CELL #:** \_\_\_\_\_

___	<b>NUMBER OF INDIVIDUALS @ \$10</b>	___
___	<b>NUMBER OF RELAYS @ \$25</b>	___
___	<b>UNLIMITED ENTRY OF \$200</b>	<b>TOTAL:</b> _____

**Payable/Mail to: Lady Lions Track Club 134 Stephen Drive, Wading River NY 11792**

# Suffolk County Girls Frosh/Soph Championships

## Honoring Anthony Toro

### ORDER OF EVENTS

(Seeded Sections Will Run First)

Race Start Times are approximate.

Coaches be aware that running events will not be held up for field event athletes.

Clerking will be conducted on the North Side (Near 100m start) of the track at 3:15pm.

Make sure your athletes report on time with everything they need to compete.

3:30 PM	Soph High Jump, Soph Shot Put, Frosh Discus, Frosh Pole Vault Pit #1 – Soph Long Jump, Pit #2 – Frosh Long Jump	
3:30 PM	Soph 100m Hurdles	Final on Time (Top 24 are seeded/others are non-scorers)
	Frosh 100m Hurdles	Final on Time (Top 24 are seeded/others are non-scorers)
3:45 PM	OPEN 2000m Steeplechase	Final on Time (Non-scoring)
4:00 PM	Soph 100m Dash	Final on Time (Top 24 are seeded/others are non-scorers)
	Frosh 100m Dash	Final on Time (Top 24 are seeded/others are non-scorers)
4:30 PM	Soph 1500m Run	Final on Time
	Frosh 1500m Run	Final on Time
5:00 PM	Soph 400m Hurdles	Final on Time
	Frosh 400m Hurdles	Final on Time
5:30 PM	Soph 800m Run	Final on Time
	Frosh 800m Run	Final on Time
6:00 PM	Soph 400m Dash	Final on Time
	Frosh 400m Dash	Final on Time
6:20 PM	Soph 200m Dash	Final on Time (Top 24 are seeded/others are non-scorers)
	Frosh 200m Dash	Final on Time (Top 24 are seeded/others are non-scorers)
6:50 PM	F/S 3000m Run	Final – Scored in Sophomore Division
7:05 PM	F/S 1500m Walk	Final – Scored in Sophomore Division
7:20 PM	F/S 4x800m Relay	Final – Scored in Sophomore Division
7:35 PM	F/S 4x400m Relay	Final on Time – Scored in Sophomore Division (2 Relays per school)
7:50 PM	F/S 4x100m Relay	Final on Time – Scored in Sophomore Division (2 Relays per school)

**No Finals in Field Events- Three jumps or throws.**

**After the completion of the: Long Jumps → Triple jumps, Soph SP → Frosh SP,**

**Frosh Discus → Soph Discus, Frosh Pole Vault → Sophomore Pole Vault**

**High Jump Progression: 4'0", 4'3", 4'6", 4'8", 4'10", 1" thereafter.**

**Pole Vault Progression: 6'6", 7'0", 7'6", 8'0", 8'6", 9'0", 9'6", 3" thereafter.**