

# Suffolk County Boys Frosh/Soph Championships

## Honoring Anthony Toro

Longwood High School

**Tuesday May 19<sup>th</sup>, 2026**

**Starting at: Field Events 3:30 PM/Running Events 3:45 PM**

**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.

**Awards:** Medals to Top 6 in each event. (Soph and Frosh Divisions) Awards to the Top 2 teams in each division.

**Scoring:** 10-8-6-4-2-1 (Individual and Relay events). Frosh/Soph relays count for scoring in the Sophomore division.

**Clerking:** Clerking will be conducted on the North Side (Near 100m start) of the track. Make sure your athletes report on time with everything they need to compete.

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

**Entry Fee:** \$25 per Individual Event, \$50 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 must be received by May 12<sup>th</sup>. Online entries on MileSplit can be updated up to 5/17/2026 @ 7PM. Events will be pre-seeded, make sure your seeds are accurate.

**Concession Stand will be open for food and drinks. Tee-Shirts & apparel will be for sale by Schwab's 2<sup>nd</sup> Wind.**

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 1600m Run	_____ SOPH 1600m Run
_____ FROSH 3200m Run	_____ SOPH 3200m Run
_____ FROSH 110m Hurdles	_____ SOPH 110m Hurdles
_____ FROSH 400m Hurdles	_____ SOPH 400m Hurdles
_____ FROSH 2000m Steeple	_____ SOPH 2000m Steeple
_____ 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

**SCHOOL:** \_\_\_\_\_ **COACH & CELL #:** \_\_\_\_\_

\_\_\_\_\_ **NUMBER OF INDIVIDUALS @ \$25**

\_\_\_\_\_ **NUMBER OF RELAYS @ \$50**

\_\_\_\_\_ **UNLIMITED ENTRY OF \$200**

\_\_\_\_\_ **TOTAL:** \_\_\_\_\_

**Payable/Mail to: Lions Track Club 5 Fordham Road, Shoreham NY 11786**

**Suffolk County Boys 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.

3:30 PM	Soph High Jump, Soph Shot Put, Frosh Discus, Frosh Pole Vault Pit #1 – Soph Long Jump, Pit #2 – Frosh Long Jump	
3:45 PM	Soph 110m Hurdles	Final on Time
	Frosh 110m Hurdles	Final on Time
4:00 PM	Soph 1600m Run	Final on Time
	Frosh 1600m Run	Final on Time
4:35 PM	Soph 100m Dash	Final on Time
	Frosh 100m Dash	Final on Time
5:05 PM	F/S 2000m Steeplechase	Combined race- Scored separately
5:20 PM	Soph 400m Hurdles	Final on Time
	Frosh 400m Hurdles	Final on Time
5:40 PM	Soph 800m Run	Final on Time
	Frosh 800m Run	Final on Time
6:15 PM	Soph 400m Dash	Final on Time
	Frosh 400m Dash	Final on Time
6:30 PM	F/S 3200m Run	Combined race- Scored separately
6:55 PM	Soph 200m Dash	Final on Time
	Frosh 200m Dash	Final on Time
7:10 PM	F/S 4x800m Relay	Final on Time
7:15 PM	F/S 4x400m Relay	Final on Time
7:30 PM	F/S 4x100m Relay	Final on Time

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

**After the completion of the:**

Long Jumps → Triple Jumps

Soph Shot Put → Frosh Shot Put

Frosh Discus → Soph Discus

Frosh Pole Vault → Sophomore Pole Vault

Pole Vault Progression: 7'6", 8'0", 8'6", 9'0", 9'6", 10'0", 10'6", 3" thereafter.

Soph High Jump → Frosh High Jump

High Jump Progression: 5'0", 5'2", 5'4", 5'6", 5'8", 5'10", 1" thereafter.