

ENTRY FORM

SUFFERN INVITATIONAL

ROCKLAND COMMUNITY COLLEGE FIELDHOUSE

Friday, January 15, 2016

4:30 pm

SCHOOL

SCHOOL ADDRESS

COACH

COACH'S PHONE NUMBER

ODER OF EVENTS (Boys followed by girls)			
1500m walk	5 Entries per Gender	On the Infield	
3200 m run	5 Entries per Gender	Girls' 55 m dash	5 Entries per Gender
3000 m run	5 Entries per Gender	Boys' 55 m HH	5 Entries per Gender
1000m run (B, G)	5 Entries per Gender	Boys' 55 m dash	5 Entries per Gender
600 m run (B, G)	5 Entries per Gender	Girls' 55 m HH	5 Entries per Gender
1600m run	5 Entries per Gender	(above events-trials, semis,	
1500 m run	5 Entries per Gender	finals)	
300 m run (B, G) Final on time	5 Entries per Gender		
3200 m relay (B, G)	1 Entry per Gender		
800 m relay (B, G)	1 Entry per Gender		
1600 m relay (B, G)	1 Entry per Gender		
Field Events			
Shot Put (G, B)	5 Entries per Gender	Shot Put 7 to finals	
Long Jump (G, B)	2 Entries per Gender	LJ 3 jumps, no finals	
Triple Jump (B, G)	2 Entries per Gender	TJ 3 jumps, no finals	
High Jump (G followed by B)	3 Entries per Gender		
Pole Vault (B, G)	3 Entries per Gender		

Entries close Friday, January 8, 2016

MAXIMUM ENTRY PER SCHOOL IS:

5 individuals per track event and Shot Put

3 Individuals per school in HJ and PV

1 relay team per event and 2 competitors per school in the long and triple jumps

A) \$500.00 Boys and Girls Combined or

B) \$350.00 for one gender only

C) \$10.00 per Individual and \$20.00 per relay

Total Entry Fee: _____

Make checks or vouchers payable to SUFFERN HIGH SCHOOL and mail to:

JOE BIDDY, Suffern High School, 49 Viola Road, Suffern, NY 10901 or

Fax your entry (with check to follow) to: (845) 357-4947 or (845) 639-1949

Phone: (845) 323-8542

NOTE: This is a non-refundable entry fee, not a participation fee.

ENTRY PROCEDURE: When checking in, **ATHLETES MUST WEAR** a 3X5 card for each event with athlete's NAME, SCHOOL, EVENT, and SEED performance on the front of card.

AWARDS: Medals to top six in each event; awards to top three teams.

SUFFERN TRACK AND FIELD INVITATIONAL

Friday, JANUARY 15, 2016

4:30 pm

ORDER OF EVENTS

	1500 m racewalk	<u>On the Infield</u>
	3200 m run	
	3000 m run	<u>Gi rl s ' 55 m das h</u>
	<u>1000 m run (B, G)</u>	Boys' 55 m HH
	600 m run (B,G)	Boys' 55 m dash
	1600 m run	Girls' 55 m HH
	1500 m run	(above events-trials, semis, finals)
	<u>300 m run (B, G)</u>	
	3200 m relay (B, G) Final on Time	
	800 m relay (B, G) Final on Time	
	1600 m relay (B,G) Final on Time	
	Field Events	
	Shot Put (G, B) 7 to final	3 entries per school
	Long Jump (G, B) 3 jumps, no final	3 entries per school
	Triple Jump (B, G) 3 jumps, no final	3 entries per school
	High Jump (Boys and Girls)	3 entries per school
	Pole Vault (B, G)	3 entries per school

Entries close Friday, January 8, 2016

Entry limitations: On the track, five per event per school, one relay per school.