

THE NINTH ANNUAL GANDER INVITATIONAL

SATURDAY APRIL 14TH 2012

11:00 AM Field Events Start - 12:00 PM Track Events Start

Dear Coach: The Rondout Valley Track Booster Club and the Rondout Valley Track Teams would like to invite you to participate in the Ninth Annual Gander Invitational. Rondout Valley offers an 8 lane all weather track with a **brand new rubberized surface** along with a full complement of jumping and new throwing areas. This year, due to the ACT tests, we will be starting our invitational later than usual and have adjusted the event schedule to accommodate juniors who will be taking the test. Rondout is an official testing site and any students planning on taking the test at Rondout should sign up for it ASAP.

Cost: \$300 per school (Boys and Girls)
\$175 per team

Rondout Fax : 687-0998

Contacts: Jake Maloney -School-687-2400
Home-845-706-3297

Lynn Atkinson 687-2400x4287

Directions available upon request

Entries: Send voucher or check payable to : Rondout Valley Track Booster Club
C/O Lynn Atkinson
Rondout Valley Athletics
Rondout Valley Central School
PO Box 9 Accord, NY 12404

Awards: Top 6 in all events receive awards. Top three teams receive trophies.

Scoring: Top eight places score for team Points: 10-8-6-5-4-3-2-1

Entries: When you arrive, turn in 3x5 card with event, school, and seed time, distance or height to clerk of the course. Each competitor may compete in four events.

Note: Seed times determined in the following order- 1. Seeds from last year 2. Seeds from a previous meet (if attended) 3. Time trials 4. **Estimate only if absolutely necessary.** We do not want to displace any top athletes from finals due to estimated seeds.

Deadline: Entries should be in our possession no later than April 2, 2012.

Refreshments: Available all day courtesy of the Rondout Valley Athletic Booster Club
Meet t-shirts will also be for sale.

MEET RULES AND MISC.

1. Starting Blocks will be provided or you may use your own
2. ¼ inch spikes (max) allowed.
3. Competitors in all field events will be allowed 3 attempts. No finals.
4. Field Event competitors may only compete once per level per event.
5. All track competitors will check in with the clerk of the course when their event is called.
6. Teams must provide their own batons.
7. Please limit to 4 entries per team, per event.
8. All events will be scored.
9. Top 32 seeds in sprints will run semi-finals to advance to final. **Top 2** in each heat advance to finals. All other seeds will run a trial heat with no possibility of advancing.
10. Schools may enter more than one team for Fresh/Soph but must designate A and B teams for scoring purposes. **One relay team only for Varsity Relays (#'s 21-28 below).**
11. Only competing athletes and officials are allowed in the infield. All other athletes are to remain outside of the fence.

FIELD EVENTS

Long Jump: 11:00-12:30 Fresh/Soph Girls and Boys, 2 runways / open pit
12:30-2:00 Varsity Girls and Boys, 2 runways / open pit

Triple Jump: 2:00-3:30 Varsity Girls and Boys, 2 runways / open pit

High Jump: 11:00-1:30 Fresh/Soph. & Varsity Girls – Opening Height, 3'6" open pit
1:30-4:00 Fresh/Soph & Varsity Boys—Opening Height 4'6" open pit
Note: Fresh/Soph and Varsity will jump together but will be scored separately

Pole Vault: 11:00-1:30 Varsity Boys- Opening Height 8'
1:30-4:00 Varsity Girls- Opening Height 6'

Shot: 11:00-1:30 Fresh/Soph. and Varsity Girls
1:30- 4:00 Fresh/Soph and Varsity Boys

Discus: 11:00-1:30 Varsity Boys
1:30-4:00 Varsity Girls

Javelin: 11:00-1:30 Varsity Girls
1:30-4:00 Varsity Boys

RUNNING EVENTS (in order of competition)

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| 1. Fresh/ Soph 800 Relay (4x200) Girls | 17. 100 Finals Girls |
| 2. Fresh/Soph 800 Relay (4x200) Boys | 18. 100 Finals Boys |
| 3. DMR Fresh/Soph (1200, 400, 800, 1600)-Girls | 19. 400 IH- Girls |
| 4. DMR Fresh/ Soph Boys | 20. 400 IH- Boys |
| 5. 100 HH Semis – Girls | |
| 6. 110 HH Semis – Boys | Note: No Steeple chase this year. |
| 7. 3000 Run – Girls | |
| 8. 3200 Run – Boys | One team only for each varsity relay. |
| 9. 100 Semis – Girls | 21. 800 Relay (4x 200) Boys |
| 10. 100 Semis – Boys | 22. 800 Relay (4x 200) Girls |
| 11. 1500 Run – Girls | 23. 3200 Relay (4x800) Girls |
| 12. 1600 Run – Boys | 24. 3200 Relay (4x800) Boys |
| 13. 400 Run – Girls | 25. 400 Relay (4x100) Girls |
| 14. 400 Run – Boys | 26. 400 Relay (4x100) Boys |
| 15. 100 HH Finals-Girls | 27. 1600 Relay (4x400) Girls |
| 16. 110 HH Finals- Boys | 28. 1600 Relay (4x400) Boys |

Reminder: Meet Registration Deadline--- April 2, 2012

School Name _____ Head Coach (Boys) _____
Fax _____ Head Coach (Girls) _____

Checks payable to: Rondout Valley Track Booster Club Fees: \$300 per school (two team)
\$150 per school (single team).