

FONDA-FULTONVILLE FROSH-SOPH INVITATIONAL

Friday, May 17, 2024

Time: 4:00pm (track and field events)
Location: Fonda-Fultonville High School
Payment: \$200/gender *or* \$350 Co-Ed
Payment due by the day of the meet

*** SEND CHECKS/VOUCHERS TO: FONDA FULTONVILLE CENTRAL SCHOOL
DISTRICT
C/O ASHLEIGH RAJKOWSKI

FONDA-FULTONVILLE HIGH SCHOOL
BOX 1501 112 OLD JOHNSTOWN RD
FONDA, NEW YORK, 12068
OR SCAN TO EMAIL: arajkowski@ffcsd.org

PLEASE TRY TO NOTIFY US BY FRIDAY, MAY 3, 2022 IF YOU ARE COMPETING
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

Team Areas: Teams are allowed to set up anywhere outside the fence. No team areas should be stationed on the infield. Tents are allowed.

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

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 10-8-6-5-4-3-2-1
Top 6 individuals or relays with receive awards

- Medals for top 6 in all events
- T-Shirts for sale (as quantities allow)
- Full service concession available
 - *Provided by Whitey's Deli*

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ORDER OF EVENTS

ENTRIES: 3 PER EVENT - 1 RELAY

Plus one wildcard in running events and one wildcard in the field events (no extra relays)

All FAT Timed Finals - Heats seeded slowest to fastest

FINALS:

1. 800 M RELAY	-	GIRLS
2. 800 M RELAY	-	BOYS
3. 3200 M RELAY	-	GIRLS
4. 3200 M RELAY	-	BOYS
5. 100 M HURDLES (30")	-	GIRLS
6. 110 M HURDLES (36")	-	BOYS
7. 100 M DASH	-	GIRLS
8. 100 M DASH	-	BOYS
9. 1500 M RUN	-	GIRLS
10. 1600 M RUN	-	BOYS
11. 400 M RELAY	-	GIRLS
12. 400 M RELAY	-	BOYS
13. 400 M DASH	-	GIRLS
14. 400 M DASH	-	BOYS
15. 400 M HURDLES (30")	-	GIRLS
16. 400 M HURDLES (33")	-	BOYS
17. 800 M RUN	-	GIRLS
18. 800 M RUN	-	BOYS
19. 200 M DASH	-	GIRLS
20. 200 M DASH	-	BOYS
21. 3000 M RUN	-	GIRLS
22. 3200 M RUN	-	BOYS
23. 1600 M RELAY	-	GIRLS
24. 1600 M RELAY	-	BOYS

FIELD EVENTS: 4:00 P.M. START

* Times, format and starting heights are subject to change based on entries by meet management

1. HIGH JUMP (CONT. BAR-by 3")	GIRLS START AT 3'9" BOYS COME IN AT 4'6"
2. POLE VAULT (CONT. BAR-by 6")	GIRLS START AT 6' BOYS COME IN AT 7'6"
3. GIRLS SHOT PUT, FOLLOWED BY BOYS SHOT PUT	- 4 THROWS FIRST FLIGHT TOP 12 SEEDED
4. BOYS DISCUS, FOLLOWED BY GIRLS DISCUS	- 4 THROWS FIRST FLIGHT TOP 12 SEEDED
5. LONG JUMP BOYS FOLLOWED BY GIRLS (EAST PIT)	- 4 JUMPS OPEN PIT
6. TRIPLE JUMP GIRLS FOLLOWED BY BOYS (WEST PIT)	- 4 JUMPS OPEN PIT