



Date: Friday, May 3, 2024
Time: 4:00pm (track and field events)
Location: Fonda-Fultonville High School
Payment: \$250/gender or \$400 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

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*



ORDER OF EVENTS FOR FONDA INVITATIONAL – 2024

ENTRIES: 3 PER EVENT - 1 RELAY

RUNNING EVENTS - TIMED FINALS

GIRLS STEEPLECHASE	4:00PM
BOYS STEEPLECHASE	
<i>Lollipop</i> 200*	
3200M RELAY	-GIRLS
3200M RELAY	-BOYS
100 M FROSH SOPH HURDLES (30")	-GIRLS
100 M VAR HURDLES (33")	-GIRLS
110 M FROSH SOPH HURDLES (36")	-BOYS
110 M VAR HURDLES (39")	-BOYS
100 M DASH	-GIRLS
100 M DASH	-BOYS
1500 M RUN	-GIRLS
1600 M RUN	-BOYS
400 M RELAY	-GIRLS
400 M RELAY	-BOYS
400 M DASH	-GIRLS
400 M DASH	-BOYS
400 M IH	-GIRLS
400 M IH	-BOYS
800 M RUN	-GIRLS
800 M RUN	-BOYS
200 M DASH	-GIRLS
200 M DASH	-BOYS
3000 M RUN	-GIRLS
3200 M RUN	-BOYS
1600 M FROSH SOPH RELAY	-GIRLS
1600 M FROSH SOPH RELAY	-BOYS
1600 M RELAY	-GIRLS
1600 M RELAY	-BOYS

*200m "race" for three groups (3-4, 5-6, 7-8 year olds). Upon completing the race, each runner up will win a lollipop. Runners can be accompanied by a parent or older athletes. These runners do not need to be entered prior to the start of the meet, just report to the starting line.

Help us cheer on the youth of our sport!



FIELD EVENT INFORMATION

- SHOT PUT FIRST FLIGHT TOP 12 SEEDED
4 ATTEMPTS, NO FINALS
- **Girls, followed by Boys**
- DISCUS FIRST FLIGHT TOP 12 SEEDED
4 ATTEMPTS, NO FINALS
- **Boys, followed by Girls**
- LONG JUMP (EAST PIT) SEEDED FLIGHT– 4 ATTEMPTS, NO FINALS
- **Boys, followed by Girls**
- TRIPLE JUMP (WEST PIT) SEEDED FLIGHT – 4 ATTEMPTS, NO FINALS
- **Girls, followed by Boys**

***STARTING HTS. AND PROGRESSIONS**

*Opening hts. and progressions **may** be altered by meet management depending on entries or weather conditions.

- HIGH JUMP OPENING HT. G – 4'2"; 4'4; 4'6; 4'8; 4'10; 5', + 1" (athletes **can** pass)
Followed by:
 B – 4'10; 5'; 5'3; 5'6; 5'8; 5'10; 6'; + 1" (athletes **can** pass)
- POLE VAULT OPENING HT. G – 6'6"; 7'; 7'6; 8'; 8'6; 9'; 9'6"; 10'; 10'6";+ 3" (athletes **can** pass)
Followed by:
 B – 8'; 8'6; 9'; 9'6; 10'; 10'6; 11'; 11'6; 12'; 12'6; 13'; + 3"(athletes **can** pass)