

THIRTY-SECOND ANNUAL  
DONALD EARL BEMUS MEMORIAL  
FROSH SOPH INVITATIONAL  
THURSDAY, MAY 1, 2025

**FAT TIMING**  
**LIVE RESULTS ON [LIVERESULTS@FINISHRIGHT.COM](mailto:LIVERESULTS@FINISHRIGHT.COM)**  
**ENTER ON [NY.MILESPLIT.COM](http://NY.MILESPLIT.COM)**

**PLACE:** BRAND NEW TRACK at GREENWICH CENTRAL SCHOOL!

**TIME:** 3:00 P.M. – GIRLS 3000 METERS STARTS AT 3:00 P.M. SHARP!

**ELIGIBILITY:** ATHLETES IN 9TH OR 10TH GRADE OR ATHLETES WHO HAVE ADVANCED THROUGH APP.

1. ALL-WEATHER TRACK AND RUNWAYS. USE UP TO ¼" SPIKES.
2. BUSES WILL BE DIRECTED TO PARK AT MCDONALDS PARKING LOT AFTER DROPPING ATHLETES OFF. BUSES MAY RETURN AT 4:00 P.M.
3. LEAVE ALL MUSIC BOXES, FOOTBALLS, ETC. AT HOME!
4. TOILET FACILITIES WILL BE AVAILABLE BY THE BOYS AND GIRLS LOCKER ROOMS.
5. A CONCESSION STAND WILL BE OPEN FOR THE MEET.

**ENTRY FEE:** \$250.00 PER SCHOOL (THIS COVERS BOTH BOYS & GIRLS) OR \$125.00 (BOYS ONLY OR GIRLS ONLY) OR \$25.00 PER ATHLETE IF YOU ONLY HAVE A FEW ATHLETES.  
MAKE CHECK OR VOUCHER PAYABLE TO "**GREENWICH TRACK CLUB**"

**ENTRY FEE DUE:** FRIDAY, APRIL 25, 2025

**SEND TO:** GREENWICH CENTRAL SCHOOL  
ATTN: MIKE SGAMBELLURI  
10 GRAY AVENUE  
GREENWICH, NEW YORK 12834

EACH SCHOOL IS ALLOWED FOUR (4) ENTRIES PER INDIVIDUAL EVENTS AND ONE ENTRY PER RELAY EVENT. BOYS MAY ENTER 4 EVENTS, GIRLS MAY ENTER 4 EVENTS. THERE WILL BE NO TEAM SCORES!

**AWARDS:** T-SHIRTS TO THE FIRST PLACE INDIVIDUALS AND RELAY TEAMS. MEDALS AWARDED TO THE TOP 6 PLACES IN INDIVIDUAL EVENTS AND THE TOP SIX PLACES IN RELAYS.

**ENTRIES:**

PLEASE MAKE ALL ENTRIES ON [NY.MILESPLIT.COM](http://NY.MILESPLIT.COM)  
BY 9:00 P.M. ON WEDNESDAY, APRIL 30, 2025.

**NOTE:** WE WILL USE FAT TIMING THIS YEAR.

**NOTE:** GIRLS 3000M STARTS AT 3:00 P.M. SHARP!

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**3:00 P.M. START TIME!**

**ORDER OF EVENTS**

ALL Track Events are Timed Finals.

- 1.) 3000M - GIRLS
- 2.) 3200M - BOYS
- 3.) 3200 RELAY GIRLS
- 4.) 3200 RELAY BOYS
- 5.) 100 HURDLES – GIRLS (30”) Note lower height – 30”
- 6.) 110 HURDLES – BOYS (36”) Note lower height – 36”
- 7.) 100 DASH GIRLS
- 8.) 100 DASH BOYS
- 9.) 1500M GIRLS
- 10.) 1600M BOYS
- 11.) 400M RELAY GIRLS
- 12.) 400M RELAY BOYS
- 13.) 400 DASH GIRLS
- 14.) 400 DASH BOYS
- 15.) 400 IH GIRLS (30”)
- 16.) 400 IH BOYS (33”) Note lower height – 33”
- 17.) 800M GIRLS
- 18.) 800M BOYS
- 19.) 200 DASH GIRLS
- 20.) 200 DASH BOYS
- 21.) 2000M STEEPLECHASE GIRLS (30” BARRIERS) including water!
- 22.) 2000M STEEPLECHASE BOYS (30” BARRIERS) Note lower height and shorter distance for boys.
- 23.) 1600 RELAY GIRLS
- 24.) 1600 RELAY BOYS

**FIELD EVENTS**

- 1.) HIGH JUMP OPENING HEIGHT 3’ 6” (CONTINUOUS BAR – BOYS & GIRLS JUMP SIMULTANEOUSLY)
- 2.) GIRLS SHOT FOLLOWED BY BOYS SHOT (4 ATTEMPTS, NO FINALS)
- 3.) BOYS DISCUS FOLLOWED BY GIRLS DISCUS (4 ATTEMPTS, NO FINALS)
- 4.) LONG JUMP            GIRLS 3:00 - 4:45            (4 ATTEMPTS, NO FINALS)  
                                 BOYS 4:45 - 6:30            (4 ATTEMPTS, NO FINALS)
- 5.) TRIPLE JUMP        BOYS 3:00 - 4:45            (4 ATTEMPTS, NO FINALS)  
                                 GIRLS 4:45 - 6:30            (4 ATTEMPTS, NO FINALS)
- 6.) POLE VAULT OPENING HEIGHT 5’ 6” (CONTINUOUS BAR – BOYS & GIRLS VAULT SIMULTANEOUSLY)

**NOTE:** THERE WILL BE FOUR ATTEMPTS WITH NO FINALS IN THE LONG AND TRIPLE JUMP, SHOT PUT, AND DISCUS.

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THURSDAY, MAY 1, 2025

THE MEET IS BEING HELD AT **GREENWICH CENTRAL SCHOOL!**

PLEASE SEND THIS SHEET ALONG WITH YOUR CHECK OR VOUCHER (BY FRIDAY, APRIL 25, 2025) TO:

GREENWICH CENTRAL SCHOOL  
ATTN: MIKE SGAMBELLURI  
10 GRAY AVENUE  
GREENWICH, NEW YORK 12834

MAKE OUT CHECK OR VOUCHER FOR \$250.00 (BOYS AND GIRLS) OR \$125.00 (JUST BOYS OR JUST GIRLS) OR \$25.00 PER ATHLETE TO “**GREENWICH TRACK CLUB**”

\*\*\*PLEASE NOTE THAT THIS IS AN ENTRY FEE NOT A PARTICIPATION FEE\*\*\*

SCHOOL NAME \_\_\_\_\_

COACH’S NAME \_\_\_\_\_

SCHOOL PHONE \_\_\_\_\_

COACH’S HOME PHONE \_\_\_\_\_

APPROXIMATE NUMBER OF BOYS ENTERING \_\_\_\_\_

APPROXIMATE NUMBER OF GIRLS ENTERING \_\_\_\_\_

**DON’T FORGET TO ENTER ON NY.MILESPLIT.COM BY 9:00 P.M. WED. APRIL 30!**

THANKS!