

RONDOUT VALLEY MODIFIED INVITATIONAL



Thursday, May 1st, 2025

The Rondout Valley Track Booster Club and the Rondout Valley Track Teams would like to invite you to participate in our 4th annual modified track & field invitational.

-Fully Automated Timing (FAT) will be used by Fulton Accurate Timing for all finishes

Start Time:

4:45 PM Coaches Meeting & Check-Ins

5:00 PM Start for Running & Field Events

Event Information:

Meet Entries: Please enter ALL athletes on Milesplit by 10:00 p.m. on April 30th. Times and marks entered will be used to seed the meet. See entry limits below for all events. Three attempts for all field events.

Spikes are permitted for all events.

Ribbons will be awarded to top 6 finishers for individual events and to members of top 3 relay teams.

Running Events

(in order of competition)

girls followed by boys

55m Hurdles (8 entries per school)

200m Dash (4 entries per school)

800m Run (4 entries per school)

100m Dash (8 entries per school)

400m Run (4 entries per school)

200m Hurdles (4 entries per school)

1500m Run (4 entries per school)

4x100 Relay (2 teams per school)

Sprint Medley Relay - 800, 200, 200, 400

(2 teams per school)

Field Events

Long Jump (6 entries per school)

Triple Jump (6 entries per school)

High Jump (6 entries per school)

Shot Put (6 entries per school)

Discus (6 entries per school)

2025 Rondout Valley Gander Invitational Entry Form

Cost: \$250 Both Teams OR \$150 Each Team

School Name _____

Check ONE: Boys Only (\$150) _____ Girls Only (\$150) _____

Boys and Girls Teams (\$250) _____

Coach's Contact Information

Name _____

Phone # _____

Email _____

Make Checks Payable to: **RVEF- Track Booster**
[W9 Form for RVEF](#)

Mail Entry and Check to:

Rondout Valley Athletic Dept.
C/O Andrew Ugolino
PO Box 9
Accord N.Y. 12404

Email augolino@rondout.k12.ny.us to reserve your spot

RV Athletics Fax – 845-687-0998

Questions About Payment Call or Text Andrew Ugolino at: 845-901-7296

Running Events

(in order of competition)

*****girls followed by boys**

55m Hurdles

200m Dash

800m Run

100m Dash

400m Run

200m Hurdles

1500m Run

4x100 Relay

Sprint Medley Relay (800, 200, 200, 400)

Field Events

1st Half of Meet:

Boys Long Jump

Girls Triple Jump

Girls High Jump

Girls Shot Put

Boys Discus

2nd Half of Meet:

Girls Long Jump

Boys Triple Jump

Boys High Jump

Boys Shot Put

Girls Discus