



**Thirty-Third Annual
Donald Earl Bemus Memorial
Frosh Soph Invitational**
Thursday, April 23, 2026



FAT Timing - Finish Right Timing
Enter on ny.milesplit.com

Place: 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. Newly resurfaced 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: \$300.00 per school (co-ed) or \$150.00 (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 17, 2026

Send To: Greenwich Central School
Attn: Mike Sgambelluri
10 Gray Avenue
Greenwich, New York 12834

Entries: Each school is allowed four (4) entries per individual events and one (1) entry per relay event. Boys may enter 4 events, girls may enter 4 events. There will be no team scores! Please make all entries on ny.milesplit.com by 9:00 p.m. on Wednesday, April 22, 2026.

Awards: T-shirts to the first place individuals and relay teams. Ribbons awarded to the top 6 places in individual events and the top six places in relays.



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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.) 3200m Relay Girls
- 4.) 3200m Relay Boys
- 5.) 100m Hurdles – Girls (30") **Note Lower Height – 30"*
- 6.) 110m Hurdles – Boys (36") **Note Lower Height – 36"*
- 7.) 100m Dash Girls
- 8.) 100m Dash Boys
- 9.) 1500m Girls
- 10.) 1600m Boys
- 11.) 400m Relay Girls
- 12.) 400m Relay Boys
- 13.) 400m Dash Girls
- 14.) 400m Dash Boys
- 15.) 400m IH Girls (30")
- 16.) 400m IH Boys (33") **Note Lower Height – 33"*
- 17.) 800m Girls
- 18.) 800m Boys
- 19.) 200m Dash Girls
- 20.) 200m 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.) 1600m Relay Girls
- 24.) 1600m Relay Boys

Field Events

- 1.) High Jump Opening Height 3' 6" (Continuous Bar – Boys & Girls Jump Simultaneously)
- 2.) Girls Shot Put Followed By Boys Shot Put (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 4 attempts, no finals in the long and triple jump, shot put, and discus.

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The meet is being held at **Greenwich Central School!**

Please send this sheet along with your check or voucher (by Friday, April 17, 2026) to:

Greenwich Central School
Attn: Mike Sgambelluri
10 Gray Avenue
Greenwich, New York 12834

Make out check or voucher for \$300.00 (boys and girls) or \$150.00 (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 22!

Thanks!