

THIRTY-FIRST ANNUAL
DONALD EARL BEMUS MEMORIAL
FROSH - SOPH INVITATIONAL
THURSDAY, MAY 9, 2024

FAT TIMING
LIVE RESULTS ON LIVERESULTS@FINISHRIGHT.COM
ENTER ON 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, MAY 3, 2024

SEND TO: GREENWICH CENTRAL SCHOOL
ATTN: STEVE PATRICK
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. RIBBONS 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**

BY 9:00 P.M. ON WEDNESDAY, MAY 8, 2024

NOTE: WE WILL USE FAT TIMING THIS YEAR.

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

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THURSDAY, MAY 9, 2024

3:00 P.M. START TIME!
ORDER OF EVENTS

ALL Track Events are Timed Finals.

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

FIELD EVENTS

1. HIGH JUMP - OPENING HEIGHT - 3' 6" (CONTINUOUS BAR)
(BOYS AND 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" (BOYS AND GIRLS VAULT SIMULTANEOUSLY)
(CONTINUOUS BAR)

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

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PLEASE MAKE SURE YOU UNDERSTAND THE MEET IS BEING HELD AT
GREENWICH CENTRAL SCHOOL THIS YEAR!

PLEASE SEND THIS SHEET ALONG WITH YOUR CHECK OR VOUCHER (BY FRIDAY,
MAY 3, 2024) TO:

STEVE PATRICK
GREENWICH CENTRAL SCHOOL
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.. MAY 8!

THANKS.