

2025 Stillwater Modified Invitational

Monday, May 19

Entry Fee: \$300 per school, payable to “**Stillwater XC/Track & Field Booster Club**”

You can hand deliver your checks (day of meet) or mail them to:

Shawn McClements
2 Newland Rd.
Stillwater, NY 12170

Have your modified coach contact Shawn McClements (stillwatertrack@yahoo.com) to secure your team’s spot and be placed on the email list for future updates.

Entries: **4 entries per event and 2 relays per event (per gender). [all eligible for awards]**

Entries done on milesplit

Entries due Friday 5/16 (10pm)

Athletes can compete in 4 events (so long as one of the four is a relay)

Events start at 4:30

Field Events:

Long Jump – open pit – 3 attempts –girls first – use pit near discus

Triple Jump – open pit – 3 attempts – boys first – use pit near shot put

Discus – 3 attempts – girls first

Shot Put – 3 attempts – boys first

High Jump 2 pits same time– girls (3-6, 3-9, 4-0, 4-3, 4-6, 4-8, 4-10, 5-0, then by 1) [new mat]

–boys (4-0, 4-3, 4-6, 4-9, 5-0, 5-2, 5-4, 5-6, then by 1) [old mat]

Pole Vault – will not be contested

Track Events: (FAT)

55 H

1500

100 (6 best times to finals)

400

200H

100 final

800

200

4 x 100

4 x 200

AWARDS: Top 6 places will be announced and asked to go to the podium to receive awards.

