



2025 Lansingburgh Knight Classic



Date: Friday, April 25, 2025

Location: Lansingburgh High School Track

Start Time: 4:00_{PM} - All Field Events; 4:30_{PM} All Track Events

Coaches Meeting: 3:45_{PM} in the Press Box above the bleachers.

Please email your intent to attend to Coach Dallas Foard at dfoard@lansingburgh.org.

Please include school name, team (boys and/or girls), coaches' name and contact email/phone number in email.

General Meet Information:

- Number of Schools:** (15 per gender)
- Entry Cost:** Single-Gender Team: \$200
Co-ed Team: \$350
Individual Entry: \$2
Individual Relay Entry: \$50
- Entries:** Each team will be permitted to enter up to three athletes per event and two relay teams (Only A-Teams are able to score in the relays), per gender. Entries are due on Wednesday, April 23rd, 2025 by 10pm on MileSplit.





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- Scoring:** 10-8-6-4-2-1
- Team**
 - Awards:** Top-2 Teams (Boys and Girls)
 - Individual Awards:** Medals for Top 6; Podium Available for
 - Photography
- Timing:** FAT Timing provided by Finish Right Timing
- Facility:** Freshly resurfaced, 6-Lane, All-weather Track; PV, Shot Put and Discus Pits located adjacent to the Track; Separate Pits for LJ/TJ; Bathrooms located alongside the building; Snack Bar and Meet Apparel sold on-site
- Order of Events:** All Track Events are Girls followed by Boys. Field Events are flighted. Heats are ordered from fastest to slowest. Field Event Measurements are specified below.

Track Events



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- 100hh - Semis (Girls)
- As Needed
- 110hh - Semis (Boys)
- 100m - Semis (Girls) -
- 100m - Semis (Boys)
- 4x800 (Girls)
- 4x800 (Boys)
- 100hh - Finals (Girls)
- 110hh - Finals (Boys)
- 100m - Finals (Girls)
- 100m - Finals (Boys)
- 1500m (Girls)
- 1600m (Boys)
- 4x100 (Girls)
- 4x100 (Boys)
- 400m (Girls)
- 400m (Boys)
- 400ih (Girls)
- 400ih (Boys)
- 800m (Girls)
- 800m (Boys)
- 200m (Girls)
- 200m (Boys)
- 3000 (Girls)
- 3200 (Boys)
- 4x400 (Girls)
- 4x400 (Boys)



- As Needed
- As Needed
- As Needed

Co-Ed 4x200 (2-Girls and 2-Boys) - **NONSCORING (Medals still awarded to top-6)**

Field Events

- Long Jump - Girls followed by Boys; 4 jumps - no finals. Pit facing 8th Ave.
- Triple Jump - Boys followed by Girls; 4 jumps - no finals. Pit facing hill.
- High Jump - Girls followed by Boys; Girls start at 4-0, Boys start at 4-8. Continuous bar; increase in 2" increments.
- Pole Vault - Boys followed by Girls; Girls start at 6-0, Boys start at 7-0. Continuous bar; increase in 6" increments.
- Shot Put, Girls followed by Boys; 4 throws - no finals. After first throw, no throws will be measured under the minimum standards. The minimum for boys is 35', girls will be a minimum of 25'.



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Discus, Boys followed by Girls; 4 throws - no finals. After first throw, no throws will be measured under the minimum standards. The minimum for boys is 90', girls will be a minimum of 65'.

Policies:

- All NYSPHAA rules will be followed regarding scoring, uniforms, etc.
- Only scratches will be permitted on the day of the meet, no additions.
- Spikes are permitted ($\frac{1}{4}$ " or less).
- Please bring your own starting blocks.
- Teams must camp outside of the Track - Bleachers will be made available to spectators and athletes in addition to an area outside of the Track for teams to set up tents/etc.
- Trash bags will be provided - teams are required to clean up their own areas.
- Only Coaches and athletes who are competing in an event or warming up are permitted inside of the track area - no spectators.
- No frisbees, footballs, radios and/or pets are allowed on the field or in the stands throughout the duration of the meet.
- A concession stand will be available selling food/drinks as well as T-Shirts.

Directions:

- Our school is located at 320 7th Avenue, Troy, NY 12182.
- Busses are asked to drop athletes off behind the High School at the end of 7th Avenue - not at the Track at the end of 108th. There will be a short walking path to the Track from behind the High School.
- Bus Parking: Busses are asked to park in the High School parking lot, behind the school at the end of 7th Avenue. Spectators can use the same lot - the gated entrance to the track off of 8th Avenue will be reserved for Lansingburgh Staff and as a Medical Access Route to the Track.



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Contact Information:

- Dallas Foard - Lansingburgh Track and Field Head Coach
- Email: dfoard@lansingburgh.org





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Please email your intent to attend to Coach Dallas Foard at dfoard@lansingburgh.org. Please include school name, team (boys and/or girls), coaches' name and contact email/phone number in email.

_____ Boy's Team - \$200

_____ Co-ed Team - \$350

_____ Girl's Team - \$200

_____ Individual Entry - \$25/\$50

School: _____

Address: _____

Boy's Head Coach: _____

Phone: _____

Email Address: _____

Girl's Head Coach: _____

Phone: _____

Email Address: _____

Checks should be made payable to: **Lansingburgh Central Schools**

Entry form and payment are **REQUIRED** prior to the event. Please send to:

Mr. Michael Robbins
Lansingburgh High School
320 7th Avenue, Troy, NY 12182

Please direct any questions about the invitational to Coach Dallas Foard at dfoard@lansingburgh.org