

The Valley Stream Challenge

18th Annual Invitational Track & Field Meet

Saturday, April 1, 2023

Valley Stream North High School's NEW FACILITY!

- Time:** Clerking begins at 9:30am, First event at 10:00am, rain or shine.
- Timing:** Verbal seeding for running events. Cards for Relay and Relays.
FAT Timing by EliteFeats for seeded sections, unseeded timed by coach!
Rosters must be added on Milesplit by March 29, 2023
- Awards:** Medals to top 6 in each individual event, top 3 relay events
- Equipment:** Starting blocks and spikes acceptable. Please supply your own relay baton.
- Event information:**
- The sprint medley relay will be for freshmen and sophomores ONLY.
 - Frosh/Soph division for ALL field events.
 - The high jump will start at 3'10" for girls and 4'10" for boys
 - Two Jumping Pits for Long Jump & Triple Jump.
 - Three event limit.
- Food:** Will be on sale the day of the meet by the **VS North Spartan Club!**
- Entry Fees:** **Section VIII Schools:** \$175.00 boys team, \$175.00 girls team or \$350.00 combined team, plus the cost of officials. Official costs will be split between schools and billed through BOCES.
Non-Section VIII Schools: \$200.00 boys team, \$200.00 girls team or \$400.00 combined team.
- Entry Due:** Please fill out entry information and send to:
VS North Spartan Club
Valley Stream North High School
c/o Mike Frazer
750 Herman Avenue
Franklin Square, NY 11010
Fax: (516) 564-5539
Reminder: Make checks/ P.O.'s payable to: VS North Spartan Club
- Questions:** Please contact: Mike Frazer
Phone: (516) 662-5524 cell, (516) 564-5556 office, Fax: (516) 564-5539
Email: frazerm@vschsd.org
- Address:** Valley Stream North High School
750 Herman Avenue
Franklin Square, NY 11010

The Valley Stream Challenge

18th Annual Invitational Track & Field Meet

Saturday, April 1, 2023

Valley Stream North High School's NEW FACILITY!

ENTRY FORM

School: _____

School Phone Number: _____

Please circle one:

	BOYS	GIRLS	BOYS & GIRLS
Section VIII	\$175	\$175	\$350
Non-Section VIII	\$200	\$200	\$400

Boys Coach: _____

Phone: _____ e-mail: _____

Asst. Coach: _____

Approximate # of athletes: Runners _____ Jumpers _____ Throwers _____

Girls Coach: _____

Phone: _____ e-mail: _____

Asst. Coach: _____

Approximate # of athletes Runners _____ Jumpers _____ Throwers _____

Entry Due:

Please fill out entry information and send to:

Valley Stream North High School

c/o Mike Frazer

750 Herman Avenue

Franklin Square, NY 11010

Make checks or p/o's payable to:

VS North Spartan Club

The Valley Stream Challenge

An Invitational Track & Field Meet

Saturday, April 1, 2023

Valley Stream North High School's NEW FACILITY

RUNNING EVENTS

10:00am 1500m Racewalk (if entries allow)
400IH girls
400IH boys
2000m Steeplechase girls
2000m Steeplechase NOVICE girls and boys
1500m girls (open followed by frosh/soph)
3000m Steeplechase boys
1600m boys (open followed by frosh/soph)
400m girls (open followed by frosh/soph)
400m boys (open followed by frosh/soph)
100m girls - trials
100m boys - trials
100m HH girls
110m HH boys
100m finals girls
100m finals boys
800m girls
800m boys
200m girls
200m boys
frosh/soph mile medley relay girls (400, 200, 200, 800)
frosh/soph mile medley relay boys (400, 200, 200, 800)
4x100m girls
4x100m boys

FIELD EVENTS

(frosh/soph will have separate medals)
10:00am Long Jump boys – South Runway (Open followed by Frosh/Soph)
Followed by Triple Jump boys – South Runway (Open followed by Frosh/Soph)

10:00am Long Jump girls – North Runway (Open followed by Frosh/Soph)
Followed by Triple Jump girls – North Runway (Open followed by Frosh/Soph)

10:00am Pole Vault girls
Followed by Pole Vault boys

10:00am High Jump girls (opening height 3' 10") (Open & Frosh/Soph, same time)
Followed by High Jump boys (opening height 4' 10") (Open & Frosh/Soph, same time)

10:00am Shot Put boys (Open & Frosh/Soph, same time)
Followed by Shot Put girls (Open & Frosh/Soph, same time)

10:00am Discus girls
Followed by Discus boys