

**17<sup>th</sup> ANNUAL**  
**KNIGHT-TIME INVITATIONAL**  
**SATURDAY, APRIL 12<sup>TH</sup>, 2025 - Rain Date SUNDAY, APRIL 13<sup>TH</sup>**  
**UNIONDALE HIGH SCHOOL**

OFFERING AN OPPORTUNITY TO QUALIFY FOR 2 NATIONAL EVENTS THAT ARE NOT COMMONLY RUN AT MOST MEETS. THE 800 METER SPRINT MEDLEY. THE SWEDISH RELAY – 100, 200, 300, 400] A CHANCE TO GET QUALIFYING TIME FOR THE NATIONALS

**THIS MEET IS OPEN TO ALL SCHOOLS IN NEW YORK, NEW JERSEY, PENNSYLVANIA AND CONNECTICUT. SANCTIONS HAVE BEEN APPLIED FOR.**

INVITATIONAL EVENTS WILL BE OPEN TO **TOP 24** IN EACH EVENT, EXCEPT **HAMMER WHICH WILL BE 15**. ENTRIES WILL BE **ACCEPTED UNTIL THURSDAY, APRIL 10<sup>TH</sup>, 2025 AT 6:00 P.M.** AT WHICH POINT THE ENTRIES WILL BE CLOSED. ACCEPTED INDIVIDUALS IN INVITATIONAL EVENTS WILL BE POSTED ON FRIDAY, APRIL 11<sup>TH</sup>.

**ENTRY PROCEDURE:**

We are using [elitefeats.com](http://elitefeats.com) for our FAT. You need to put your full roster online at **MileSplit**.

1. Go to www [MileSplit.com](http://MileSplit.com)
2. Go to Spring track
3. Go to rosters [your athlete must be listed before you can seed them]
4. Chose meet entries.
5. Once you've completed seeding your athletes save all entries at the bottom of page. Seeding is required for ALL EVENTS. This is new this year.
6. Make a copy for your records. [Your proof that you entered your athletes]

**MAIL OR FAX YOUR MEET ENTRY WITH PAYMENT OR VOUCHER TO:  
UNIONDALE TRACK CLUB, 209 PETERS AVENUE, EAST MEADOW, NY 11554  
FAX 516-357-0002**

NO ENTRIES THE DAY OF MEET. NO EXCEPTIONS.

**RELAYS: YOU DO NOT HAVE TO GIVE SEED TIMES FOR YOUR RELAYS. YOUR RELAYS WILL BE SEEDED THE DAY OF THE MEET**

**TEAM SCORING:**

The top three teams will be awarded plaques. Team Points will be given to the top 6 finishers in all events including Frosh/Soph and field events.

10-8-6-4-2-1

ENTRY FEE: ALL INDIVIDUAL EVENTS ARE \$8.00 PER ATHLETE  
ALL RELAYS ARE \$25.00

\*\*\*\*\***MINIMUM ENTRY \$25.00**\*\*\*\*\*

**THIS IS AN ENTRY FEE NOT A PARTICIPATION FEE.**

**VARSITY STANDARDS:**

	<b>GIRLS</b>	<b>BOYS</b>
HIGH JUMP	4'4"	5'
POLE VAULT	6'	8'
SHOT PUT TO BE MEASURED	28'	38'
DISCUS TO BE MEASURED	80'	90'
LONG JUMP TO BE MEASURED	14'	18'
TRIPLE JUMP TO BE MEASURED	30'	38'

**FROSH SOPH STANDARDS:**

HIGH JUMP	4'	4'9"
SHOT PUT	25'	30"
DISC	50'	60"
LONG JUMP	12'	14'
TRIPLE JUMP	28'	35"

HIGH JUMP INTERVALS: GIRLS 4'3"-4'6"-4'9" 5' THEN ONE INCH

BOYS 5' - 5'3"-5'6"- 5'9" - 6' THEN ONE INCH

FROSH SOPH GIRLS 4' - 4'3"- 4'6" - 4'8" - 4'10" - 5' THEN ONE INCH

BOYS 4-9" - 5' - 5'3" - 5'6"- 5' 8" - 5'10" - 6' THEN ONE INCH

POLE VAULT GIRLS 6' -7' - 7'6" - 8' - 8'6" - 9' - 9'6" - 10

BOYS 8'-9' - 10' -11' - 11'6" - 12' - 12'6" - 13' - 13' 6 -14'

NOTES: ALL VARSITY RUNNING EVENTS MUST BE SEDED ON LINE  
FIELD EVENT INDEX CARDS MUST BE USED WITH ATHLETES NAME/SEED/EVENT/  
COMPETITION NUMBER

**THE JUMP PIT WILL BE OPEN FOR 1/2 HOURS GIRLS FIRST THEN BOYS IN TRIPLE JUMP. BOYS THEN GIRLS IN THE LONG JUMP. THE TOP 7 VARSITY ATHLETES WILL HAVE 3 MORE JUMPS AFTER THE OPEN PIT TRIAL.**

**VARSITY ATHLETES WILL JUMP FIRST, THEN FROSH/SOPH**

**FIRST THROW OR JUMP WILL BE MESURED, THEN ONLY JUMPS AND THROWS MEETING STANDARDS WILL BE MESURED.**

**SHOT PUT , DISCUS & HIGH JUMP - VARSITY FIRST, THEN COMBINED FROSH/SOPH**

**SEND INTENTIONS TO SUZIEKORN@AOL.COM**

INVITATIONAL RUNNING EVENTS: TOP 24 ONLY [EXCEPT HAMMER TOP 15]  
1500/1600 800 HAMMER  
400 HURDLES 200

WE WILL ACCEPT ALL ENTRIES IN THE FOLLOWING EVENTS:

100            400                    100/110 HURDLES                    3200/3000  
RELAYS (3 PER SCHOOL)                    ALL FIELD EVENTS [EXCEPT HAMMER ]

3 EVENT LIMIT PER ATHLETE

AWARDS:	T SHIRT TO ALL VARSITY WINNERS INCLUDING RELAYS		
INVITATIONAL EVENTS	PLAQUE TO WINNER	MEDALS 2-6	
INDIVIDUAL OPEN EVENTS	PLAQUE TO WINNER	MEDALS 2-6	
RELAYS	PLAQUE TO WINNING COACH	MEDALS 1-6	
FROSH-SOPH EVENTS		MEDALS 1-5	

IN THE 400 THE FIRST FOUR SECTIONS OF 6 WILL BE THE TOP SEEDED SECTIONS  
AND WILL BE RUN IN LANES,. AFTER THAT, WE WILL HAVE LARGER FIELDS USING  
THE CALIFORNIA/WATERFALL START  
INVITATIONAL AWARDS WILL BE AWARDED AFTER EACH EVENT ON THE INFIELD.

**ALL OTHER AWARDS WILL BE BAGGED TO BE PICKED UP AT THE END OF THE MEET.**

MEET T SHIRTS WILL BE ON SALE

**FOOD CONCESSION WILL BE AVAILABLE FOR BREAKFAST AND LUNCH**

**TENTS ARE WELCOME!!**

**PLEASE NO RADIOS (BOOM BOXES) [PERSONAL MUSIC DEVICES ONLY]**

**¼ "SPIKES ONLY**

MEET DIRECTOR: DENNIS KORNFIELD & LEIGH POLLET

QUESTIONS CONTACT: SUE KORNFIELD	516-357-0001
E MAIL	<a href="mailto:SUZIEKORN@AOL.COM">SUZIEKORN@AOL.COM</a>
FAX	516-357-0002

IF YOU HAVE QUESTIONS, PLEASE CALL US OR E-MAIL US

**Girls Frosh**

\_\_\_\_\_ Sprint Medley \_\_\_\_\_  
 \_\_\_\_\_ 100 Meter \_\_\_\_\_  
 \_\_\_\_\_ 400 Meter \_\_\_\_\_  
 \_\_\_\_\_ 800 Meter \_\_\_\_\_  
 \_\_\_\_\_ High Jump \_\_\_\_\_  
 \_\_\_\_\_ Long Jump \_\_\_\_\_  
 \_\_\_\_\_ Triple Jump \_\_\_\_\_  
 \_\_\_\_\_ Shot Put \_\_\_\_\_  
 \_\_\_\_\_ Discus \_\_\_\_\_

**Girls Soph**

**Boys Frosh**

\_\_\_\_\_ Sprint Medley \_\_\_\_\_  
 \_\_\_\_\_ 100 Meter \_\_\_\_\_  
 \_\_\_\_\_ 400 Meter \_\_\_\_\_  
 \_\_\_\_\_ 800 Meter \_\_\_\_\_  
 \_\_\_\_\_ High Jump \_\_\_\_\_  
 \_\_\_\_\_ Long Jump \_\_\_\_\_  
 \_\_\_\_\_ Triple Jump \_\_\_\_\_  
 \_\_\_\_\_ Shot Put \_\_\_\_\_  
 \_\_\_\_\_ Discus \_\_\_\_\_

**Boys Soph**

**Varsity Girls**

\_\_\_\_\_ 100  
 \_\_\_\_\_ 100 HH  
 \_\_\_\_\_ 400  
 \_\_\_\_\_ 4X100  
 \_\_\_\_\_ 4X400  
 \_\_\_\_\_ 4x800  
 \_\_\_\_\_ Sprint Medley  
 \_\_\_\_\_ Swedish Relay  
 \_\_\_\_\_ 3000  
 \_\_\_\_\_ High Jump  
 \_\_\_\_\_ Long Jump  
 \_\_\_\_\_ Triple Jump  
 \_\_\_\_\_ Shot Put  
 \_\_\_\_\_ Discus  
 \_\_\_\_\_ Pole Vault

**Varsity Boys**

\_\_\_\_\_ 100  
 \_\_\_\_\_ 110 HH  
 \_\_\_\_\_ 400  
 \_\_\_\_\_ 4x100  
 \_\_\_\_\_ 4X400  
 \_\_\_\_\_ 4x800  
 \_\_\_\_\_ Sprint Medley  
 \_\_\_\_\_ Swedish Relay  
 \_\_\_\_\_ 3200  
 \_\_\_\_\_ High Jump  
 \_\_\_\_\_ Long Jump  
 \_\_\_\_\_ Triple Jump  
 \_\_\_\_\_ Shot Put  
 \_\_\_\_\_ Discus  
 \_\_\_\_\_ Pole Vault

**Girls Invitational Events**

\_\_\_\_\_ 400 IH  
 \_\_\_\_\_ 200  
 \_\_\_\_\_ 800  
 \_\_\_\_\_ 1500  
 \_\_\_\_\_ Hammer

**Boys Invitational Events**

\_\_\_\_\_ 400 IH  
 \_\_\_\_\_ 200  
 \_\_\_\_\_ 800  
 \_\_\_\_\_ 1600  
 \_\_\_\_\_ Hammer

**Girls Entry**

Total # of Individuals \_\_\_\_x \$8.00= \_\_\_\_\_  
 Total # of Relays \_\_\_\_\_x \$25.00= \_\_\_\_\_  
 Total Entry Fee \$ \_\_\_\_\_

**Boys Entry**

Total # of Individuals \_\_\_\_x\$8.00 = \_\_\_\_\_  
 Total #of Relays \_\_\_\_\_x \$25.00= \_\_\_\_\_  
 Total Entry Fee \$ \_\_\_\_\_

MAKE CHECKS PAYABLE TO: **UNIONDALE TRACK CLUB**  
 209 PETERS AVENUE, EAST MEADOW, NY 11554

**SCHOOL:** \_\_\_\_\_ **COACH** \_\_\_\_\_  
**ADDRESS** \_\_\_\_\_ **SCHOOL PHONE:** \_\_\_\_\_  
**CITY:** \_\_\_\_\_ **COACH'S HOME PHONE:** \_\_\_\_\_  
**STATE:** \_\_\_\_\_ **ZIP** \_\_\_\_\_ **COACH'S E-MAILADDRESS** \_\_\_\_\_

## ORDER OF EVENTS –KNIGHT-TIME INVITATIONAL

**ALL RUNNING EVENTS WILL BE BOY,GIRL EXCEPT WHERE NOTED IN HURDLES**

FIRST EVENT PROMPTLY AT 8:30 A.M.

400 IH	FINAL ON TIME	[INVITATIONAL]
SPRINT MEDLEY	FROSH	200-100-100-400
SPRINT MEDLEY	SOPH	
SPRINT MEDLEY	VARSITY	
4 X 800	FINAL ON TIME	
4 X 100	VARSITY TRIALS	6 FASTEST TIMES TO FINAL
4 X 100	FR/SO	
FROSH 800	FINAL ON TIME	
SOPH 800	FINAL ON TIME	
200	FINAL ON TIME	[INVITATIONAL] [VARSITY]
800	FINAL ON TIME VARSITY	[INVITATIONAL] [VARSITY]
100	FROSH FINAL ON TIME	
100	SOPH FINAL ON TIME	
100	VARSITY TRIALS	6 FASTEST TO FINAL
Brief Opening Ceremony [National Anthem]		
3200	FINAL ON TIME	
Swedish Relay	FINAL ON TIME	100-200-300-400
3000	FINAL ON TIME	
100 HURDLES	VARSITY TRIALS	6 FASTEST TO FINAL
110 HURDLES	VARSITY TRIALS	6 FASTEST TO FINAL
MILE MEDLEY	VARSITY]	200-200-400-800
400	FINAL ON TIME VARSITY	<b>TOP FOUR HEATS IN LANES</b>
400	FINAL ON TIME FROSH	
400	FINAL ON TIME SOPH	
100	FINAL	
110 HURDLES	FINAL	
100 HURDLES	FINAL	
1500	FINAL ON TIME	[INVITATIONAL]
4 X 100	FINAL	
1600	FINAL ON TIME	[INVITATIONAL]
4 X 400		

HAMMER	BOYS	GIRLS [START TIME 8:30 A.M.]
HIGH JUMP	GIRLS	BOYS VARSITY-FROSH SOPH[COMBINED]
LONG JUMP	BOYS	GIRLS VARSITY-FROSH SOPH[COMBINED]
TRIPLE JUMP	GIRLS	BOYS VARSITY-FROSH SOPH[COMBINED]
SHOT PUT	BOYS	GIRLS AFTER HAMMER
		VARSITY-FROSH SOPH[COMBINED]
DISCUS	GIRLS	BOYS VARSITY –FROSH SOPH [COMBINED]
POLE VAULT	GIRLS	BOYS VARSITY ONLY

THE FROSH /SOPH FIELD EVENTS WILL BE COMBINED AND THEN MEDALS WILL BE AWARDED ACCORDINGLY FOR EACH DIVISION. IN THE HIGH JUMP ALL LEVELS WILL COMPETE TOGETHER