

WESTCHESTER COUNTY TRACK AND FIELD MEETS

VARSITY MEET
MAY 16, 2025 at 4:30pm
HENDRICK HUDSON HIGH SCHOOL

AND
MAY 17, 2025 at 10AM
YORKTOWN HIGH SCHOOL

JV MEETS (see lists below where your school is assigned)

MAY 20, 2025 at 4:30pm
LAKELAND HIGH SCHOOL

OR
MAY 21, 2025 at 4:30pm
FOX LANE HIGH SCHOOL

This meet is open to any Westchester County High School that is a member of Section One, the CHSAA, or is an approved Friends and Neighbors school in Westchester County.

All NFHS and Section One rules will be in effect. Host schools may set protocols, if necessary, at the time of the meet.

Varsity Events	Friday, May 16 Hendrick Hudson HS	4:30 PM
	Saturday, May 17 Yorktown HS	10AM – field events
		11AM - running

Buses will park at Hen Hud after 3:30 at the Frank G Lindsey Elementary School, adjacent to the High School. 57 Trolley Rd. Montrose, NY

JV Meet Tuesday, May 20 Lakeland High School 4:30 PM
Wednesday, May 21 Fox Lane High School 4:30 PM

IF AN ATHLETE WILL BE COMPETING IN THE JV MEET, THEY CANNOT COMPETE IN THE VARSITY MEET ON FRIDAY OR SATURDAY. This includes running on varsity relays.

The intent is to shorten the meets, make the Varsity events quality events, yet give all of your athletes an opportunity to participate.

AN ATHLETE ENTERED IN AN INDIVIDUAL VARSITY EVENT MUST BE IN THE

- **TOP 60 ENTRIES IN TRACK EVENTS AT 800m or SHORTER**
- **TOP 48 ENTRIES IN TRACK EVENTS AT 1500m OR LONGER**
- **TOP 24 ENTRIES IN FIELD EVENTS but note the starting heights**
*****PV 10', 7' HJ 5'8", 4'8"**
- **TOP 12 ENTRIES IN THE PENTATHLON - must have a score - if using a composite - please get approval from Mike Lacko - email indiv. event performances**
- **1 Relay per event per team**

NO MOVE-UPS

ALL OTHERS SHOULD COMPETE JV.

Entries will be open on athletic.net and will be visible so you will know if an athlete qualifies for the Varsity Meet. Scratches CAN be made at the meet, but there will be NO MOVE-UPS. Try to scratch before entries close on 5/14...

VARSITY and JV MEET ENTRIES CLOSE ON WEDNESDAY, 5/14 AT 11:00 PM - PLEASE BE REASONABLE... NO ATHLETE SHOULD BE LISTED FOR BOTH JV and VARSITY MEETS

REMEMBER: AN ATHLETE IS TO ONLY COMPETE VARSITY OR JV. If your athlete is not in the top 60/48/24/12 then scratch them from Varsity and enter them in the JV Meet.

JV Athletes will be limited to 2 events each.

AWARDS & SCORING

All Varsity events: Medals to top 6 places

Scoring 10-8-6-4-2-1

Plaques to the top 2 teams in each of the 4 Classes.

All JV events: MEDALS TO TOP 5 in each event at each site; no JV team scoring.

VARSITY ORDER OF EVENTS**Friday, May 16 4:30 PM at Hendrick Hudson****4:30 PM Running events All events Boys, then Girls unless noted*****

3000m/2000m Steeplechase
110m/110m Pent Hurdles and Hurdle Semis
100/100m Pent Hurdles and Hurdles Semis
100m Semis
400m Final on time
100/110m Hurdle Finals ***
100m Final
1600m/1500m Final on Time

4:30 PM Field events - 7 to finals in horizontal jumps and throws

Boys and Girls TJ - 2 pits *
Boys and then Girls Hammer - 2 cages *
Girls and then Boys Javelin - at the Frank G Lindsay field - 2 sectors *
Boys Pole Vault, followed by Girls ** starting heights 10', 7' - up by 1' until 6 remain, then by 6"
Girls and Boys HJ - 2 pits ** starting heights 4'8, 5'8 - up by 3" twice, then by 2"
Pent SPs 30 mins. after their hurdles - at the circle near our cafeteria
* assuming we get plenty of officials and/or coaches to help out

VARSITY ORDER OF EVENTS**Saturday, May 17 at Yorktown High School****10AM Field Events - 7 to finals in horizontal jumps and throws**

Pent LJs before LJs
Pent HJs after Pent LJs
Boys and then Girls SP
Girls and then Boys Discus
Girls and Boys LJ, after Pent LJs

11AM Running Events All events Boys, then Girls

3200/3000m
200m Final on time
400m Hurdles
800m
1500m walk - Girls only
4x800m Relay
4x100m Relay
4x400m Relay
Pent runs - fit in when can

JV ORDER OF EVENTS **Tuesday, May 20 at Lakeland High School 4:30 PM**
Wednesday May 21 at Fox Lane High School 4:30 PM

JV ATHLETES – ONLY 2 EVENTS PER ATHLETE - CANNOT HAVE COMPETED IN VARSITY MEET

4:30 running events

16/1500
200
110/100 hurdles
100
400
800

All field events start at 4:30

High Jump
Long Jump
Shot Put

JV MEET at Lakeland Tues.5/20

Alexander Hamilton
Ardsley
Briarcliff
Children's Village
Croton Harmon
Dobbs Ferry
Eastchester
Edgemont
Hastings
Hendrick Hudson
Irvington
Lakeland/Panas
Leffell
Ossining
Peekskill
Pleasantville
Sleepy Hollow
Valhalla
Westlake
Woodlands
Yonkers
Yorktown

JV MEET at Fox Lane Wed. 5/21

Blind Brook
Bronxville
Byram Hills
Fox Lane
Harrison
Horace Greeley
Iona Prep/Ursuline
John Jay CR
Mamaroneck
Mt. Vernon
New Rochelle
North Salem
Pelham
Somers
Stepinac
Port Chester
Rye
Rye Neck
Scarsdale
Tuckahoe
White Plains

ENTRY FORM and INVOICE

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SCHOOL _____

BOYS COACH _____ PHONE _____

GIRLS COACH _____ PHONE _____

ENTRY FEES: \$600.00 per school for both meets for ALL of your athletes, Varsity, JV, Boys and Girls.

MAKE CHECK PAYABLE TO: Hendrick Hudson High School Activities Account attn.
Marcia Bailey

Mail check to:
Marcia Bailey
Hendrick Hudson High School
2166 Albany Post Rd.
Montrose, NY 10548

If you have any questions, contact

Mike Lacko at Somers HS
Marcia Bailey at Hendrick Hudson
Keith Smith at Yorktown

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