



6th Annual
Race at the Oval Office
Saturday, May 4th, 2019
FDR High School - Hyde Park, NY

You are formally invited to the 6th annual Race at the Oval Office. We will be happily opening our facility and timing system to any interested teams in hopes of fast times and great competition.

Access Meet Entry Through ny.milesplit.com

Entries will open on March 4, 2019 and close on May 2nd, 2019

Only scratches will be accepted on race day!

ENTRIES:

- Each school will be permitted 3 entries per individual event and 1 entry per relay.
- Individuals can be entered in a maximum of 4 events.
- Scratches can be made the morning of the meet upon arrival. ***No additions will be accepted on race day!***
- Freshmen/Sophomore races will take place in the morning and the Varsity portion of the meet will take place once they are completed. Athletes may participate in both portions of the meet for running events only.
- Be as accurate as possible with athlete/relay seed times.
- Make sure when you are entering your athletes online that they are entered in the correct portion of the event (Freshmen/Sophomore or Varsity).
- *FDR is an SAT Testing Site and all varsity events are scheduled in the afternoon should you have athletes interested in taking the SAT on race day!*
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SCORING/AWARDS:

- Scoring will be separated into two Invitationals. Trophies will be awarded to 1st and 2nd place in the Freshmen/Sophomore portion and 1st through 3rd place in the Varsity portion of the Invitational.
- Team scoring determined on a 10-8-6-5-4-3-2-1 format.
- Freshmen/sophomore field event scoring will be based on top 3 attempts for all athletes – NO finals. Athletes from any heat may score. Varsity field events will return top 8 from any heat to the finals.
- **Event winner in each Varsity event will receive a T-shirt and top 8 athletes in all events will receive medals.**

ADDITIONAL INFORMATION:

- Spikes are to be limited to 1/4 of an inch. Athletes caught using inappropriate spikes will be disqualified.
- Uniform rules will be enforced during all events.
- A limited number of blocks are available at the track. Teams are encouraged to bring and use their own if possible.
- Our newly completed concession stand will be available at the meet.
- Facility records will be posted and updated annually.
- Any questions please email Brian Halling at: brianhalling@hpcsd.org

****If possible, please RSVP indication of attendance by April 19th, 2019****

High School: _____ Coach: _____
Athletics Phone: _____ Coach's Phone: _____

Contact Email Address: _____

Clearly indicate interested payment amount below:

Blanket Fee (\$400) _____ Boy's Team (\$250) Girl's Team (\$250) Fresh/Soph Team (\$250)

Relay Teams: _____ x \$20 = _____

Individual Events: _____ x \$10 = _____

TOTAL DUE: _____

**** All checks payable to FDR Athletics Department (Memo: Oval Office)****

Mail To: FDR High School
Attn: Brian Halling
156 South Cross Road P.O. Box 2032
Staatsburg, NY 12580

Fax To: FDR HS Athletics
Attn: FDR Track
Fax #: 845-229-2182

2019 Order of Events

*****ALL RUNNING EVENTS – GIRLS THEN BOYS*****

Freshmen/Sophomore Portion – 9:00am start

SMR (400, 200, 200, 800)
100/110 High Hurdles – Fastest Seeds Last
100M Dash – Fastest Seeds Last
1500M/1600M Run
400M Dash
4x800M Relay
4x100M Relay
4x400M Relay

Varsity Portion – No Earlier Than 11:00am Start

Steeplechase
SMR (400, 200, 200, 800) ****Added to the schedule!****
110/100 High Hurdles – Prelims
100M Dash – Prelims
1500M/1600M Run – Fastest Heats Last
400M Dash
100/110 High Hurdles – Finals
100M Dash – Finals
800M Run
400M Hurdles
4x800M Relay
4x100M Relay
4x400M Relay

FIELD EVENTS – Varsity Portion No Earlier Than 11:00am Start

Pole Vault – Combined

Freshmen/Sophomore Opening – 6'0" and moving up 6" until 12'0"

Varsity Opening – 7'0" and moving up 6" until 14'0"

Long Jump – Boys then Girls

Triple Jump – Girls then Boys

High Jump – Girls then Boys

Girls' Opening – Freshmen/Sophomore: 3'6" Varsity: 4'0" *Up 3" to 5' then 1"

Boys' Opening – Freshmen/Sophomore: 4'6" Varsity: 5'0" *Up 3" to 6' then 1"

Shot Put – Boys then Girls

Discus – Girls then Boys

****Please make sure all athletes are listening for event calls****

RACE AT THE OVAL OFFICE MEET RECORDS

GIRLS		FRESH/SOPH RECORDS						BOYS	
Name(s)	Team	Mark	Year	EVENT	Name(s)	Team	Mark	Year	
D. Quirk-Hall	Highland	13.13	2018	100	I. Moore	Kingston	11.3 (H)	2015	
B. Oatman	Middletown	58.38	2016	400	K. Istvan	Beacon	52.1	2018	
D. Lynch	Middletown	5:02.59	2016	1500/1600	B. Bekele-Arcuri	Minisink Valley	4:41.0	2015	
M. Kuyl	New Paltz	16.32	2015	100/110H	M. Mullaly	Sullivan West	15.24	2016	
S. Trainor	FDR	8:07.36	2016	Steeple	J. Hines	Kingston	10:29.18	2015	
Herzog, Harrell, Chaffin, Longendyke	Kingston	50.45	2016	4x100	Foster, Grant, Harris, Richardson	Kingston	47.19	2016	
	Valley Central	4:20.82	2018	4x400	Brownridge, Rosa, Legrair, Hodges	Middletown	3:38.92	2017	
Sadler, Leger, Fritzsck, Guardino	Minisink Valley	10:56.78	2015	4x800	Farrell, Maresca, Sandford, Sava	FDR	9:03.29	2016	
Bowen, Delavicio, Lynch, Oatman	Middletown	4:19.02	2016	SMR	Brownridge, Grant, Castillo, Rosa	Middletown	3:44.40	2017	
Cathcart, Nathan, Gander, Trainor	FDR	13:32.27	2016	DMR	Lopez, Hines, Conklin, Becker	Kingston	11:13.23	2015	
J. Harrell	Kingston	4' 10"	2016	High Jump	R. Rosa	Middletown	6' 01"	2017	
S. Kaplan	New Paltz	10' 00"	2014	Pole Vault	D. Scribani	New Paltz	12' 00"	2015	
G. Longendyke	Kingston	15' 05"	2016	Long Jump	T. Harris	Middletown	18' 09"	2016	
G. Longendyke	Kingston	35' 02"	2016	Triple Jump	T. Smith	Beacon	39' 09"	2018	
A. Santos	New Paltz	31' 04"	2017	Shot Put	T. Reiser	Minisink Valley	43' 11"	2015	
A. Santos	New Paltz	95' 06"	2017	Discus	A. Unser	Sullivan West	117' 02.5"	2016	

GIRLS		VARSITY RECORDS						BOYS	
Name(s)	Team	Mark	Year	EVENT	Name(s)	Team	Mark	Year	
T. Young	Ketcham	12.73	2018	100	D. Wood	Millbrook	11.00	2015	
S. Allen	Spackenkil	25.5	2014	200	K. Barry	Spackenkil	22.15	2016	
B. Oatman	Middletown	57.60	2018	400	V. Kadish	Ketcham	50.73	2016	
S. Trainor	FDR	2:16.42	2018	800	L. Mazzuca	New Paltz	1:56.07	2015	
S. Trainor	FDR	5:00.97	2018	1500/1600	A. Gann	Sullivan West	4:24.01	2016	
N. Ogburn	Middletown	15.35	2018	100/110H	M. Mullaly	Sullivan West	14.03	2018	
M. Kuyl	New Paltz	1:08.08	2016	400H	M. Mullaly	Sullivan West	54.12	2018	
S. Trainor	FDR	6:58.61	2017	Steeple	L. Farrell	FDR	10:01.04	2018	
Junior, Declavijo, Oatman, Bowen	Middletown	49.34	2018	4x100	Moore, Farmer, Matthews, Williams	Kingston	43.54	2015	
Trainor, Cathcart, Nathan, Rose	FDR	4:07.29	2018	4x400	Legrair, Legrair, Brownridge, Rosa	Middletown	3:23.06	2018	
Hack, Noe, Brooks, Regan	Kingston	10:19.93	2016	4x800	Becker, Hines, Lopez, Trowbridge	Kingston	8:18.57	2016	
Lynch, Delavicio, Figueroa, Oatman	Middletown	4:18.71	2017	SMR	Martinez, King, Shelby, Burnett	FDR	3:39.0	2016	
Noe, Longendyke, Regan, Hack	Kingston	13:07.99	2016	DMR	Becker, Flores, Lopez, Trowbridge	Kingston	10:32.37	2016	
J. Akinwunmi	Beacon	5' 04"	2017	High Jump	T. Lawrence	Highland	6' 02"	2014	
S. Alter	Rondout Valley	11' 00"	2016	Pole Vault	D. Scribani	New Paltz	14' 01"	2016	
J. Akinwunmi	Beacon	17' 00"	2017	Long Jump	S. Prentiss	FDR	21' 03"	2017	
J. Akinwunmi	Beacon	35' 07.5"	2018	Triple Jump	M. Quimby	Middletown	43' 01.5"	2018	
V Hinds	Kingston	40' 11.25"	2015	Shot Put	C. Brinkman	Kingston	51' 03.25"	2016	
M. Reyes	Kingston	115' 08"	2018	Discus	F. Julia-Wise	New Paltz	161' 11"	2015	