



MOUNTIE MADNESS

UNDER THE LIGHTS

Friday, April 14, 2023 - 4:30pm

McConnell Stadium

@Suffern Middle School

Ultra-Fast 8 Lane All-Weather Track, 4 Jumping Pits, 2 High Jump Pits,
2 Shot Circles, Discus, Pole Vault

Entry Fee: \$600.00 (boys/girls combined team) \$300.00 (boy or girl team)
\$15 per Individual, \$25 per Relay.

Make Checks Payable to:

Suffern Track
c/o Jeff Dempsey
49 Viola Road
Suffern, NY 10901

Entry Deadline: Monday, April 11th [Click Here for Registration on Milesplit](#)

Timing – Fulton Accurate Timing will be doing all timing and results

Officials - BOCES Officials will be used and cost will be divided over the teams competing.

Only ¼" Spikes, supply your own batons.

Track

Order of Events: (4:30 start)

- 3000m/2000m Steeplechase
- 110HH/100HH
- 400m
- 200m
- 400IH
- 1600m/1500m
- 800
- 4x100m
- 4x400m

Field

Order of Events: (4:30 unless noted)

- Triple Jump - (3 Jumps, **NO FINALS**)
All 3 pits will be in use
 - Boys – 17ft and over (3 Jumps, **NO FINALS**)
 - Girls – 14ft and over (3 Jumps, **NO FINALS**)
 - Co-ed – Open pit (3 Jumps, **NO FINALS**)
- Long Jump – To follow Triple Jump Finals (3 Jumps, **NO FINALS**)
- Pole vault - Boys followed by Girls (Starting heights: Determined by entry)
 - Larger the Number of participants, Higher the Opening Height.
- High Jump - Girls followed by Boys (Starting heights: Determined by entry)
 - Larger the Number of participants, Higher the Opening Height.
- Discus - Boys followed by Girls (3 Throws **NO FINALS**)
- Shot put - Girls followed by Boys (3 Throws **NO FINALS**) Unlimited

SPECIAL NOTES/LIMITATIONS:

- 3 Pole Vault Athletes (per gender, per school)
- 3 Triple Jump Athletes (per gender, per school)
- 4 Discus Athletes Guaranteed (per gender, per school) Boys, before girls
 - Schools can get additional throwers (Boys over 115', Girls over 85')

Please email me your intent to compete by April 11th

Jeff Dempsey, Suffern Track & Field Head Coach
845-304-7817 jdempsey@sufferncentral.org



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GIRLS McCONNELL FACILITY RECORDS

EVENT	TIME	ATHLETE	TEAM	YEAR
100m	11.67	ZOLA GOLDEN	Arlington	2014
200m	24.03	SYMONE DARIUS	New Rochelle	2014
400m	53.39	ZOLA GOLDEN	Arlington	2014
800m	2:06.00	KAMRYN MCINTOSH	Suffern	2015
1500m	4:27.32	KATELYN TUOHY	North Rockland	2018
3000m	9:37.31	BELLA BURDA	Arlington	2015
100mH	14.04	ASHLEY WIGGINS	New Rochelle	2014
400mH	58:64	ELIZABETH MOTT	New Rochelle	2014
2K Steeple	6:51.90	SHELBY GREANY	Suffern	2009
Triple Jump	39-1	JEN CLAYTON	Suffern	2008
Long Jump	19-5.25	JEN CLAYTON	Suffern	2009
High Jump	5-7	KENDALL BENSCHKE	Scarsdale	2016
Pole Vault	11-3	NICOLE CAREY	Tappan Zee	2008
Shot Put	42-5.25	MONAE COOPER	New Rochelle	2016
Discus	121-2.75	CHARLOTTE POPE	New Rochelle	2008
4x100m	47.42	North Rockland	-	2016
4x400m	3:53.21	New Rochelle	-	2016
4x800m	9:10.84	Suffern	-	2008

BOYS McCONNELL FACILITY RECORDS

EVENT	TIME	ATHLETE	TEAM	YEAR
100m	10.74	KEVIN MALIVERT	RAMAPO	2008
200m	21.54	MIKE ABELARD	RAMAPO	2009
400m	48.05	RAI BENJAMIN	MOUNT VERNON	2014
800m	1:52.37	LUKE GAVIGAN	TAPPAN ZEE	2014
1600m	4:12.00	JOHN MULLER	ARLINGTON	2009
3200m	9:16.60	COLBY DELBENE	PAWLING	2008
110mH	14.54	CHRIS RONES	NEW ROCHELLE	2008
400mH	54.44	RYAN WHITLEY	RAMAPO	2008
2K Steeple	6:08.40	KEVIN MCKENNA	SUFFERN	2009
3K Steeple	9:45.12	BEN SMITH	JOHN JAY-CROSS RIVER	2015
Triple Jump	48-0.5 NWI	THOMAS JOHNSON	WHITE PLAINS	2011
Long Jump	23-8 NWI	THOMAS JOHNSON	WHITE PLAINS	2011
High Jump	6-7	SEAN REILLY	ARLINGTON	2008
Pole Vault	14-1	THOMAS QUALTER	Clarkstown South	2018
Discus	172-10	ERIC FAVORS	NORTH ROCKLAND	2015
Shot Put	60-4.25	ERIC FAVORS	NORTH ROCKLAND	2014
4x100m	42.73	New Rochelle	-	2018
4x400m	3:22.09	NY Mount Vernon	-	2018

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4x800m

7:56.60

NY Fox Lane

2009

Entry Form

\$600 UNLIMITED ENTRY BOYS AND GIRLS _____

\$300 UNLIMITED ENTRY BOYS ONLY _____

\$300 UNLIMITED ENTRY GIRLS ONLY _____

LIMITED ENTRIES:

NUMBER OF TRACK RELAYS _____ X \$25.00 = _____

NUMBER OF INDIVIDUALS _____ X \$10.00 = _____

Minimum Entry is \$60 per team.

TOTAL _____

School _____

BOYS' COACH: _____ **GIRLS' COACH:** _____

PHONE: _____ **PHONE:** _____

EMAIL: _____ **EMAIL:** _____

SCHOOL PHONE: _____ **SCHOOL PHONE:** _____

SCHOOL ADDRESS: _____

MAIL TO: Jeff Dempsey - Suffern Track
Suffern High School
49 Viola Road
Suffern, NY 10901
OR FAX TO: (845) 357-4947

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