

DR. JACK V. IRION

QUEENSBURY INVITATIONAL TRACK & FIELD MEET

SITE: Queensbury High School - 400 meters west of Exit 19 of the Northway

DATE/TIME: Saturday, May 8th, 2027
Field Events start at 9:30,
Track Events start at 9:30

Scratches: Due to the clerk at 8:30- Substitutions only

Meet Information Complete information and any changes that might be made can be found on our track website. Please check the site periodically at
<https://sites.google.com/a/queensburyschool.org/girls-track-coaches-team-page/>

We will be using Fully Automatic Timing provided by Underdog timing.

FACILITIES: 8 lane Action Track 300 urethane based track. The facility includes a Steeplechase pit, expanded jumping areas and redesigned jumping pits. We will allow 1/8" or 1/4" spikes.

SCORING AND AWARDS Team plaques will be awarded to top two boys, girls and co-ed teams
We will be scoring 8 places. Scoring will be 10-8-6-5-4-3-2-1
Tee shirts awarded to top 3 in each event. (only 1st place relay teams will be awarded shirts)
Medals will be awarded to top three finishers in each individual event including relay teams.
Ribbons will be awarded to places four through eight.

A special plaque will go to the winner of the boys One Mile run, now called the **Quentin Howe Memorial Mile**

ENTRY FEES: \$300.00 per co-ed team and \$200 for a single team. **Make vouchers or checks payable to QUEENSBURY UNION FREE SCHOOL DISTRICT.** Single athlete entries are \$25 per athlete. Any questions please email mcrossman@queensburyschool.org

ENTRIES: Each school will be allowed three (3) athletes in each open event and one team in each relay. Relay times can be estimated, open events must use best time performance in 2026 outdoor season.

Entries for this year's meet will be done using ny.milesplit.com. You will need to go to their website to establish an account so you can submit your roster and entries.

THE DEADLINE FOR ENTRIES IS 10:00 PM ON THURSDAY BEFORE THE MEET. YOU WILL BE ABLE TO MAKE SCRATCHES OR SUBSTITUTIONS ONLY ON THE DAY OF THE MEET. THOSE CHANGES MUST BE SUBMITTED TO THE CLERK BY 8:30 AM.

QUEENSBURY HIGH SCHOOL, QUEENSBURY, NY 12804, (518) 824-4600
DR. JACK V. IRION QUEENSBURY HIGH SCHOOL INVITATIONAL

Saturday May 8th, 2026 – 9:30 a.m.

ORDER OF EVENTS

8:30 a.m. Scratches or changes due 9:30 a.m. Field Events Begin
9:00 a.m. Coaches Meeting 9:30 a.m. Track Trials Begin

TRACK EVENTS

- | | |
|--|---|
| 1. 100m hurdles - Girls pentathlon | 15. 400m dash - Girls (Timed Finals) |
| 2. 100m hurdles - Girls (Timed Finals) | 16. 400m dash - Boys (Timed Finals) |
| 3. 110m hurdles - Boys pentathlon | 17. 400m hurdles - Girls (Timed Finals) |
| 4. 110m hurdles - Boys (Timed Finals) | 16. 400m hurdles - Boys (Timed Finals) |
| 5. 2000m Steeplechase(Girls) | 17. 800m run - Girls (Sections) |
| 6. 3000m Steeplechase(Boys) | 18. 800m run - Boys (Sections) |
| 7. 3200m relay - Girls | 19. 200m dash - Girls |
| 8. 3200m relay - Boys | 20. 200m dash - Boys |
| 9. 100m dash - Girls (Timed Finals) | 21. Girls Pentathlon 800m run |
| 10. 100m dash - Boys (Timed Finals) | 22. Boys Pentathlon 1500m run |
| 11. 1500m run - Girls | 23. 3000m Girls |
| 12. Boys Mile & Quentin Howe Memorial | 24. 3200m Boys |
| 13. 400m relay - Girls (Sections) | 25. 1600m relay - Girls (Sections) |
| 14. 400m relay - Boys (Sections) | 26. 1600m relay - Boys (Sections) |

NOTE

Pentathlon 800/1500 will be run where they are set in the schedule unless they have to be moved to a later time.

Field Events

Shot/Disc

9:30 Girls shot followed by the boys
Boy's disc followed by the girls

Throwers will be flighted and will get 3 preliminary throws. The top 9 will advance to the finals.

Pentathlon Shot Put will throw in a separate circle

Long Jump

8:30-9:15 Warm-up

9:30- Prelims

Finals will begin 15 min. after the completion of trials

Triple Jump

12:00-12:30 Warm-ups

12:30 Prelims

Finals will begin 15 min. after the completion of trials

Jumpers will be flighted with the top 9 advancing to Finals

Girls will use the North pit for both jumps

Boys will use the South pit for both jumps

These times are an estimate. If we can finish earlier we will.

Pentathlon long jump will be fit in where necessary.

High Jump

Pentathlon high jump will take place immediately following the hurdles.

Girls in the pit nearest 1500 start

Boys in the pit nearest the main start line

Boys and Girls High Jump will begin immediately following the Pentathlon High Jump

Progression Girls 4-0 4-3 4-6 then by 2 inches

Boys 5-0 5-3 5-6 then by two inches

Pole Vault

8:45- 9:20 Girls only warm-up

9:30 Girls competition **Starting Height 6' 6" and then by 6"**

12:00-12:30 Boys Warm up

12:45- Boys Competition **Starting Height 8'0 and then by 6"**

Starting heights may be adjusted depending on entries and weather conditions

Girls					Boys			
Time	Yr.	Record Holder	School	Event	Time	Yr.	Record Holder	School
12.36	2019	Ama Boham	Ichabod Crane	100m	10.83	2024	Bergen Caprood	Queensbury
25.31	2019	Lauren Santiago	Amsterdam	200m	22.36	2025	Trey Stathis	Lake George
56.90	2023	Kendall Barnhart	Guilderland	400m	49.3	2010	Tim Mount	Saratoga
2:13.49	2024	Alycia Hart	Saratoga Springs	800m	1:56.80	2026	Joseph Stead	Ichabod Crane
4:32.3h	1983	Eileen Ellig	Rutland VT	1500m/ 1 Mile	4:17.89	2013	Jeremy Spiezio	Greenwich
9:42.12	2024	Emily Bush	Saratoga Springs	3000/3200m	9:26.7h	1998	John Phillips	Glens Falls
14.56	2019	Ama Boham	Ichabod Crane	100h/110h	14.35	2012	Jay Hebert	Ticonderoga
1:03.70	2015	Ellery Bianco	Saratoga	400 IH	54.91	2008	Shane Wagner	Schuylerville
50.16	2015	Bianco, Jelenik, Liebers, Ventra	Saratoga	4 x 100	43.72	2012	Mathieu, Martin, Mallard, Alviene	Columbia
4:05.61	2019	Thomson, Smith, Scanlan, Howard	Guilderland	4 x 400	3:21.2	2009	Seahorn, Rafaniello, Stevens, Mount	Saratoga
9:21.9h	1998	Kearns, Houghton, Odonnell, Coon	Saratoga	4 x 800	8:00.5	2006	Buell, Goodrich, Jess, Utz-Meagher	Burnt Hills
5'10"	1990	Michelle Choppa	Glens Falls	High Jump	6-7	1995	Joe Kemer	Columbia
12-0	2024	Amilia McBain	Saratoga Springs	Pole Vault	14-09.00	2008	Jake Platel	Bethlehem
18-11	2025	Meaghan Lynch	Schuylerville	Long Jump	23-06	2008	Kirk Francis	Saratoga

36-7	2004	Mary Heitkamp	Fair Haven	Triple Jump	46-05.00	1994	Brian Greenburg	Bethlehem
151-04	1998	Deshaya Williams	Saratoga	Discus	182-05	1999	Adam Terry	Queensbury
44-07.75	1998	Deshaya Williams	Saratoga	Shot Put	61-06.00	2022	Brunache, Isaiah	Mount Anthony
3153	1989	Michelle Choppa	Glens Falls	Pentathlon	3080	1993	Tim McMurray	Glens Falls
7:06.07	2008	Samantha Roecker -	Burnt Hills	2000/3000m Steeplechase	9:42.85	2008	Craig Weiss	Shaker

Any further questions please email Matt Crossman at mcrossman@queensburyschool.org

PLEASE RETURN VOUCHER OR CHECK BY MAY 3rd.
Make Checks payable to Queensbury Union Free School District

_____ Boys/Girls/ Both
 (School)

_____ PLAN TO ATTEND MAY 9, 2026
 (Coaches Name)

_____ (coaches email)

MAIL CHECKS TO:

John Martin
 Athletic Director
 Queensbury High School
 429 Aviation Road
 Queensbury, New York 12804
 (518) 824-5688
 Fax# (518) 824-4682

MAKE CHECKS PAYABLE TO:
QUEENSBURY UNION FREE SCHOOL DISTRICT

REMEMBER THAT YOU MUST ENTER YOUR ROSTER AND SUBMIT YOUR

ENTRIES AT WWW.NY.MILESPLIT.COM