

3rd Fords Twilight Track Classic

Friday, April 11, 2025 • Haverford High School

Track Events: Varsity Races will Start at 5:00 PM (Girls followed by Boys; Slow to Fast)

- Time schedule will be updated after entries close.
- Please have your athletes in the proper location and aware of the time schedule.
- Hip Numbers: 800, 1600, 3200, 4x4 (all 4 members), and 4x8 (all 4 members)
- 4:30 Novice 100m – NO BLOCKS!
- 4:40 Novice 1600m Run – 1 SECTION ONLY!
- 5:00 100/110 Hurdles (will start at 5pm even if novice race end earlier)
- 5:12 100m Dash
- 5:25 4x800 (boys and girls together)
- 5:38 4x100m Relay
- 5:51 400m Run
- 6:08 300m hurdles
- 6:18 800m Run
- 6:39 200m Dash
- 6:45 1600m Run
- 7:12 3200m Run
- 7:41 4x400m Relay

Finished - 8:05 PM

***The meet will move ahead or behind schedule. This is a guide*

Field Events: Start at 5:00 PM

- 2 Sessions for Horizontal Jumps (triple jump near track/long jump near tennis courts)
 - Top 21 entries will be accepted per gender in the long jump and triple jump
 - 60 min open pit – 4 jumps with No Finals
 - Session I - Girls Triple Jump and Boys Long Jump
 - Session II - Boys Triple Jump and Girls Long Jump
- Girls Pole Vault (opening height 7'0") followed by Boys Pole Vault (opening height 9'0")
- Boys HJ (opening height 5'4") followed by Girls HJ (opening height 4'2")
- Throwing Events:
 - 3 throws, top 6 to finals, top 3 receive medals.
 - *Depending on our numbers - We may institute a max of accepted athletes and/or add a guarantee of 1 measured mark, after that they will need to reach a minimum marking distance
 - Throwing Session I @ 5:00 PM
 - Boys Shot put
 - Boys Javelin
 - Girls Discus
 - Throwing Session II @ 6:00 PM (*we will move ahead of schedule if possible*)
 - Girls Javelin
 - Girls Shot Put
 - Boys Discus

Dear Track and Field Coach –

We would like to invite you to the 3rd Fords Twilight Track Classic on Friday, April 11th.

Entry Limits:

- Jumps-2 per event
- Throws-2 per event
- Sprints-3 per event
- Distance Races-5 per event
- 4x100, 4x400, 4x800 - 2 teams per school
- Novice 100 and 1600-Unlimited. *You may not compete in a different event if you run the novice races.*

We will limit this meet to just 8 invited full teams. If you would like to be added to our waiting list, please fill out [this google form](#) and we will contact you ASAP if any team space opens up. Please email Ryan Comstock at coachcomstock@gmail.com if you have any high caliber individual athletes who would like to be a part of this meet. We will try to set-up 1 to 2 highlighted events with elite level competition.

- Enter via pamilsplit. Entries Close Thursday, April 10 at 6:30 PM.
 - This meet will follow all National Federation High School and PIAA rules.
 - Sanctioning will be filed for PIAA and bordering States.
 - We will use Lexicon Timing for live results.
 - Entry fee is \$175.00 per team. \$350.00 for both boys and girls teams. *(This is an entry fee not a participation fee)*
 - \$15 per individual/\$25 per relays
 - Checks should be made payable to Haverford HS T&F/XC and can be brought with you to the meet or mailed to:
Ryan Comstock
307 Albans Court
Malvern, PA 19355
 - [W-9 Form](#)
 - There will be a concession stand and shirts for sale.
 - Medals to top 3 in all varsity events
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Please return this form with payment by Friday, April 4th. Thank you very much for your participation and we look forward to hearing from you soon. Email coachcomstock@gmail.com if you have any questions.

Ryan Comstock

HAVERFORD TOWNSHIP HIGH SCHOOL

- 3rd Fords Twilight Track Classic -

Participating School: _____

Participating Team: Girls Boys Both (please circle one)

Boy's Coach: _____

Girl's Coach: _____

Cell phone: _____

Cell Phone _____

Email: _____

Email: _____

Entry Fees: _____ # individuals x \$15.00 = _____

 _____ # relays x \$25.00 = _____

Team Fee(s) (boys or girls) x \$175.00 = _____

Total = _____