



Westhill Pentathlon Extravaganza

Date: Friday, April 22, 2022
Start Time: 5:00pm

Location: Westhill High School

Entry process

- 1) Please email your intent to participate to runrunreid@aol.com as early as possible. We will accept a limited amount of athletes and will not allow entry for any teams that may inquire after we have reached our entry limit.
- 2) You may enter as many pentathletes as you would like.
- 3) When submitting your intent to participate, please indicate the number of boys and the number of girls from your school that will be participating.
- 4) All entries should be made through ny.milesplit.com. **Deadline is 4/20 @ 10:00pm**

Entry Fees: \$40.00 for 1st athlete entered from a school
\$20.00 for remaining athlete(s) entered from a school
\$100.00 maximum fee per a school. If you enter more than 4 pentathletes, your entry fee will not exceed \$100.00

Please make checks or vouchers payable to: Westhill Cross Country

Please send checks or vouchers to:

Dan Reid
Westhill High School
4501 Onondaga Boulevard
Syracuse, NY 13219



Schedule of Events

| | | | |
|-----------------|-----------------|----------------|----------------|
| 4:45pm | Coaches Meeting | | |
| 5:00pm | Girls 100HH | | |
| | Boys 110HH | | |
| 5:15pm | Girls High Jump | Boys Shot Put | |
| Remaining Order | Girls Shot Put | Boys High Jump | |
| | Girls Long Jump | Boys Long Jump | (***2 LJ Pits) |
| | Girls 800m Run | Boys 1500m Run | |

*****800/1500 order to be determined by
completion of previous events**