



Elmer Gordan Stadium @ Rush-Henrietta Sperry High School
Thursday May 7 - Saturday May 9, 2026

Facility: An eight lane all weather surface with steeplechase, two LJ/TJ runways, two high jump pads, two PV runways, two shot circles and one discus cage.

Entry Limits:

Varsity: Only enter three athletes (3 male, 3 female) per event with the exception of the pentathlon (1 male, 1 female). Each athlete other than pent is allowed to compete in four events. One relay per gender per event.

Modified: Only enter four athletes (4 male, 4 female) per event. Each athlete is allowed to compete in four events. Only one relay per gender.

Entries, Timing & Results: Entries must be submitted on YEN TIMING by the designated deadline, Wed., May 3rd @ 9:00pm

Use only the ONLINE ENTRY for on YEN TIMING SERVICES website www.yentiming.com

DO NOT EXCEED ENTRY LIMITS – we will scratch additional entries.

Finishlynx Timing and Hytek results. Full meet results will be posted on www.yentiming.com and www.sectionvtrack.com

Entry Fees:

Varsity Team Fee: \$400.00 per school. \$250.00 per gender. \$40 for one individual, \$120.00 for a single relay - NO Voucher Required.

Modified Team Fee: Bring an Officials Voucher

Fleet Feet Elite 1500/1600: No Fee if individual – 12 fastest seed times will compete in Elite heat

Make Checks Payable to: Rush-Henrietta Booster Club

Send Entry Fee to: Rush-Henrietta CSD, Attn: Athletic Office, 1799 Lehigh Station Rd, Henrietta, NY 14467

Awards:

Varsity: To the Top 6 places in each event.

Modified: To the winner of each event.

Varsity Special Awards: To the Most Outstanding Field, Most Outstanding Track



Please direct your questions to meet director: Mike DeMay (585) 259-9565 or coachdemay@yahoo.com

Thursday, May 7, 2025
Modified Invitational
Events Start at 5:30pm

Order of Track Events

200m low hurdles (g/b)
1500m (g) 1600m (b)
100m(g/b)
55m high hurdles (g/b) 30"/33
400m (g/b)
800m (g/b)
4x100m relay (g/b)

Order of Field Events

Shot Put (g/b)
Discus (b/g)
Long jump (boys & girls - 2 pits)
High Jump (boys & girls - 2 pits)
Triple Jump (following conclusion of LJ)

Friday, May 8, 2025
Events Start at 5:30pm

Order of Track Events

Pentathlon 100m hurdles
100m hurdles (semi-final) Top 8 times to the final
Pentathlon 110m hurdles
110m hurdles (semi-final) Top 8 times to the final
3200m Relay (G/B)
100m Dash (G/B) Top 8 times to the final
1600m Sprint Medley Relay (G/B) 200-200-400-800

Order of Field Events

Pentathlon High Jump (B&G)
Long Jump (B&G) Top 8 to the final on Friday
Shot Put (Girls) Top 8 to the final on Friday
Discus (Boys) Top 8 to final on Friday
Pole Vault (Girls)



Saturday, May 9, 2025
Events Start at 10:00am

Order of Track Events

2000m Steeplechase
3000m Steeplechase
100m hurdles (final)
110m hurdles (final)
400m dash (G/B)
100m dash (final)
Fleet Feet Elite 1500 (G)
Fleet Feet Elite 1600 (B)
1500m
1600m
4x100m (G/B)
400m hurdles (G/B)
800m (G/B)
200m (G/B)
Pentathlon 800m/1500m
4x400m (G/B)

Order of Field Events

Pentathlon Long Jump (B&G)
Pole Vault (Boys)
Pentathlon Shot Put (B&G)
Shot Put (Boys) Top 8 on to final
Discus (Girls) Top 8 on to final
Pentathlon Long Jump
Triple Jump (B&G)
High Jump (B&G) – 2 Pits



Flower City Invitational
Elmer Gordon Stadium @ Rush-Henrietta Sperry High School
Thursday May 7 - Saturday, May 9, 2025

Intent to Compete Form

School: _____ Boys / Girls (circle)

Check one: Varsity () Modified ()

Coaches Name (boys): _____

Coaches email (boys): _____

Coaches Name (girls): _____

Coaches email (girls): _____

Coaches,

Please email me your intent to compete ASAP to:

Email: coachdemay@yahoo.com

Thank you,

Coach Mike DeMay