



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 3<sup>rd</sup> @ 9:00pm

Use only the ONLINE ENTRY for on YEN TIMING SERVICES website [www.yentiming.com](http://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](http://www.yentiming.com) and [www.sectionvtrack.com](http://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](mailto: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](mailto:coachdemay@yahoo.com)

Thank you,

Coach Mike DeMay