

Saturday, April 22, 2017 10:00am Rush-Henrietta Sperry HS

Elmer Gordon Stadium

Meet Entry: YEN TIMING http://www.yentiming.com/

Entry Fee: \$200.00 (boys/girls combined team) \$140.00 (per gender)

Make Checks Payable to: Rush-Henrietta Central School District

Send to: 1799 Lehigh Station Road, Attn: Athletic Office, Henrietta, NY 14467

Entry Deadline: Wednesday, April 19th by 8:30pm

Order of Events (girls then boys):

Shuttle Hurdle Relay (4 person) 1600m Sprint Medley Relay (400-200-200-800) Distance Medley Relay (1200-400-800-1600)

> Freshman 4 x 100 Sophomore 4 x 100

> > 4 x 100

4 x 800

2 x 400IH

800m Sprint Medley Relay (100-100-200-400)

2 x 1500 (add times together)

2 x 1600 (add times together

Freshman 4 x 400 Sophomore 4 x 400

4 x 400

Swedish Relay (100-200-300-400)

2 x all field events: Long Jump (2 pits), Triple Jump (2 pits), High Jump (2 pits), Pole Vault (2 pits), Shot Put (g/b) and Discus Throw (b/g)

Scoring: 10-8-6-4-2-1

<u>Awards</u>

Top six relays in all events Top three scoring teams

Please email me your intent to compete by April 5th

Mike De May, Rush-Henrietta head coach 585-259-9565 coachdemay@yahoo.com