

R-H Relays
Saturday, April 20, 2019
10:00am
Rush-Henrietta Sperry HS
Elmer Gordon Stadium

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

Entry Fee: \$225.00 (boys/girls combined team) \$150.00 (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 17th by 8:30pm

Order of Events (girls then boys):

Shuttle Hurdle Relay (4 person) * Boys first
1600m Sprint Medley Relay (400-200-200-800)
Distance Medley Relay (1200-400-800-1600)
Frosh/Soph 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)
Frosh/Soph 4 x 400
4 x 400
Swedish Relay (100-200-300-400)

2 x all field events: Turbo Javlin (new event, we will have Turbos available), 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) ---We will have a special award to the Hep Field Events Champion. Your best from each of the six events added together will be crown the Hep Field Champion

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

Awards

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