

Rush-Henrietta Relays

Saturday, April 18, 2020

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)
Teams that want to run one relay or two it's \$40 per relay

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 15th by 8:30pm

Order of Events (girls then boys):

Shuttle Hurdle Relay (4 person) – boys then girls
1600m Sprint Medley Relay (200-200-400-800)
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)
4x100 Throwers Relay

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), Discus Throw (b/g), Turbo Javlin (g/b)

THE SEPTET FIELD AWARD goes to the best field team. We'll add your best in each field event for a grand total in distance.

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

Awards

Top six relays in all events
Top three scoring teams
The Sextet Field Award

Please email me your intent to compete by April 1st

Mike De May, Rush-Henrietta head coach
585-259-9565

coachdemay@yahoo.com

RH Relays - 4/20/2019
Rush-Henrietta Sperry HS

Record - Records

1	Girls 4x100 Meter Relay	48.41	4/21/2018	Rush-Henrietta - Rush-Henriet A Allen, J Davis, S Nwachi, L Thomas
2	Boys 4x100 Meter Relay	43.88	4/20/2019	Edison Tech - Edison Tech D Curry, N King Jr, R Gambill, O Jarvis
3	Girls 4x400 Meter Relay	4:09.54	4/16/2014	Rush-Henrietta - Rush-Henriet A Cooper, S Watson, C Watson, E Martinez
4	Boys 4x400 Meter Relay	3:29.60	4/21/2018	Edison Tech - Edison Tech K Carree, A Jones, W Washington, C Green
5	Girls 4x800 Meter Relay	10:21.07	4/22/2017	Corning - Corning
6	Boys 4x800 Meter Relay	8:18.93	4/21/2018	Baldwinsville - Baldwinsvill B Timmons, K Sheridan, S Kellner, C McManus
7	Girls 1600 Sprint Medley 4-2-2-8	4:04.20	4/21/2018	Rush-Henrietta - Rush-Henriet S Nwachi, J Davis, L Thomas, H Riorden
8	Boys 1600 Sprint Medley 4-2-2-8	3:34.38	4/21/2018	Edison Tech - Edison Tech A Jones, J Moore, J Baxter, S Williams Jr
9	Girls 800 Sprint Medley 1-1-2-4	1:43.92	4/23/2016	Rush-Henrietta - Rush-Henriet S Nwachi, T Thompson, L Thomas, S Watson
10	Boys 800 Sprint Medley 1-1-2-4	1:34.86	4/20/2019	Rush-Henrietta - Rush-Henriet J Boykins, M Boykins, B Hulbert, M Blue
11	Girls Distance Medley 12-4-8-16	12:18.36	4/22/2017	Corning - Corning
12	Boys Distance Medley 12-4-8-16	10:37.23	4/22/2017	Liverpool - Liverpool T Brownlow, S Schulz, J Hickmott, A Ruston
13	Girls 4x100 Meter Shuttle Hurdle	1:09.85	4/21/2018	Rush-Henrietta - Rush-Henriet S Hyde, M Hughes, L Slattery, A Allen
14	Boys 4x110 Meter Shuttle Hurdle	1:10.80	4/22/2017	Brockport - Brockport J Frater, A Guerrieri, A Odey, M Krueger
15	Girls 400 Meter Hurdles Relay	1:10.30	4/22/2017	T'Andrah Brundidge - Brockport
16	Boys 400 Meter Hurdles Relay	58.11	4/21/2018	Jacob Schmid - Wayne Centra
17	Girls High Jump Relay	5-00	4/21/2018	Cora Blunden - Wayne Centra
18	Boys High Jump Relay	6-02	4/21/2018	Nate Jaquint - Baldwinsvill
19	Girls Pole Vault Relay	10-00	4/23/2016	Regan Maguire - Penfield
20	Boys Pole Vault Relay	12-01	4/21/2018	Max Bowden - Starpoint
21	Girls Long Jump Relay	17-04	4/21/2018	Stephanie Hyde - Rush-Henriet
22	Boys Long Jump Relay	21-09.50	4/22/2017	Noah Williams - McQuaid Jesu
23	Girls Triple Jump Relay	35-11	4/20/2019	Lanee Hall - Sweet Home
24	Boys Triple Jump Relay	44-00	4/22/2017	Clay Curtis - Corning
25	Girls Discus Throw Relay	122-00	4/23/2016	Mady Dibble - Waterloo
26	Boys Discus Throw Relay	158-10	4/21/2018	Jake McPherson - Rush-Henriet
27	Girls Shot Put Relay	36-01	4/23/2016	Leah Hulbert - Rush-Henriet
28	Boys Shot Put Relay	56-05.75	4/21/2018	Jake McPherson - Rush-Henriet
29	Girls 1000 Sprint Medley Swedish-1234	2:18.87	4/23/2016	Rush-Henrietta - Rush-Henriet A Donzo, S Nwachi, T Thompson, L Thomas
30	Boys 1000 Sprint Medley Swedish-1234	1:59.86	4/20/2019	Rush-Henrietta - Rush-Henriet J Boykins, M Blue, B Hulbert, M Boykins
31	Girls 1500 Meter Run Relay	4:57.15	4/23/2016	Hayleigh Palotti - Livonia
32	Boys 1600 Meter Run Relay	4:23.38	4/22/2017	Stevie Schulz - Liverpool
33	Girls 4x100 Meter Relay Frosh/Soph	54.55	4/20/2019	Rush-Henrietta - Rush-Henriet Z Simlin, A Fabre, D Webb, J Taggart
34	Boys 4x100 Meter Relay Frosh/Soph	45.92	4/21/2018	Edison Tech - Edison Tech
37	Girls 4x400 Meter Relay Frosh/Soph	4:19.32	4/21/2018	Rush-Henrietta - Rush-Henriet A Allen, A Fabre, M Picard, K Shepard
38	Boys 4x400 Meter Relay Frosh/Soph	3:38.31	4/21/2018	McQuaid Jesuit - McQuaid Jesu
39	Girls Javelin Throw Relay	60-03	4/20/2019	Emilee Martini - Rush-Henriet
40	Boys Javelin Throw Relay	127-04	4/20/2019	James McDonough - Rush-Henriet
41	Girls 4x100 Meter Relay Throwers	1:02.72	4/20/2019	Penfield - Penfield V Ogletree, M Huyck-Trout, M Cilano, B Carroway
42	Boys 4x100 Meter Relay Throwers	51.15	4/20/2019	Rush-Henrietta - Rush-Henriet

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Record - Records

J Denton, I Montano, J Manning, C Cable