



Royal Comet Invitational

16th Annual Track & Field Meet
Elmer Gordon Stadium at Rush-Henrietta Sperry HS
Saturday, May 13, 2017 @ 10:00AM

Facility:

An eight lane all weather surface with steeplechase, two LJ/TJ runways with **new takeoff boards!!**
Three HJ areas, two PV runways, two shot & one discus. Special feature is a four lane, 60 meter warm-up track

Entry Limits:

Only enter two athletes (2 male, 2 female) per event, with the exception of the Pentathlon which each school is allowed one athlete (1 male, 1 female)

IMPORTANT:

Once the entries are set, the meet will run in a timely order. You may change the names of an athlete the day of the meet but we will NOT change the seed times. Remember, your honesty on the seed times you submit will be critical so the best athletes are seeded against each other. We are not running trials, all events are run as a final, sections on time, slow to fast.

Entries, Timing & Results:

Entries must be submitted on YEN TIMING by the designated deadline, Wednesday, May 10th @ 8:30pm 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:

\$225.00 per school, \$150.00 per gender (boy or girl), \$20.00 for an individual per event, \$60.00 per relay

Send Entry Fee to:

Rush-Henrietta CSD, Attn: Athletic Office
1799 Lehigh Station Road
Henrietta, NY 14467

Make vouchers or checks payable to: Rush-Henrietta Central School District

Awards:

TEAM SCORING top six finishers: "Champion" t-shirts to first place individual & relays,
Medals 2-6 in all individual events, 2-3 in all relays. **Top Three Team Awards**
Outstanding Track Performer and Outstanding Field Performer will also be awarded.

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

Tentative Time

Event

9:15am

Coaches & Officials Meeting

9:30am

Field Event Warm-Up may begin

10:00am

MEET BEGINS!

Field:

Boys & Girls Pole Vault (2 vaulting areas)

Starting height boys @ 9'6" and the girls @ 7' 0"

Boys & Girls Long Jump (2 jumping pits) – 4 jumps each

Girls Shot Put (followed by boys) – 4 throws each

Boys Discus (followed by girls) – 4 throws each

Boys & Girls High Jump (after PENT)

Starting height boys @ 5'2" and the girls @ 4' 2"

Boys & Girls Triple Jump (2 jumping pits) – 4 jumps each

Girls/Boys Pentathlon will go directly to the HJ pits after the hurdles (open HJ to follow)

Girls Order: 100H, HJ, SP, LJ, 800m

Boys Order: 110H, HJ, SP LJ, 1500m

Track:

Girl's Pentathlon 100m High Hurdles

Girl's 100m High Hurdles – Final

Boy's Pentathlon 110m High Hurdles

Boy's 110m High Hurdles – Final

Girl's 4x800m Relay – Final

Boy's 4x800m Relay – Final

Girl's 100m Dash – Final

Boy's 100m Dash – Final

Girl's 2000m Steeplechase – Final

Boy's 3000m Steeplechase – Final

Girl's 400m Dash – Final

Boy's 400m Dash – Final

Girl's 1500m Run – Final

Boy's 1600m Run – Final

Girl's 4x100m Relay – Final

Boy's 4x100m Relay – Final

Girl's 400m Intermediate Hurdles – Final

Boy's 400m Intermediate Hurdles - Final

Girl's 800m Run – Final

Boy's 800m Run – Final

Girl's 200m Dash – Final

Boy's 200m Dash – Final

Girl's 3000m Run – Final

Boy's 3200m Run – Final

Girl's Pentathlon 800m Run

Boy's Pentathlon 1500m Run

Girl's 4x400m Relay – Final

Boy's 4x400m Relay – Final

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Intent to Compete Form

High School: _____ Boys / Girls (circle)

Coaches Name (boys): _____

Coaches email (boys): _____

Coaches Name (girls): _____

Coaches email (girls): _____

Coaches,

**You can fax this or simply email me your intent to compete
ASAP to:**

FAX No. 585-359-7802

Email: coachdemay@yahoo.com

Thank you,
Mike De May