



Royal Comet Invitational

18th Annual Track & Field Meet
Elmer Gordon Stadium at Rush-Henrietta Sperry HS
Saturday, May 16, 2020 @ 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, each athlete is allowed to compete in four events.

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 13th @ 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:

\$250.00 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,
Awards 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

<u>Tentative Time</u>	<u>Event</u>
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) <u>Starting height boys @ 9'0" and the girls @ 7' 0"</u> 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) <u>Starting height boys @ 5'2" and the girls @ 4' 2"</u> 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