



14th Annual Al Mullan Runnin' Cadet Classic



HILTON HIGH SCHOOL

Saturday, May 4, 2019 - Field events start at 4:30** – Track events at 5:00

Your Team is invited to participate in the Al Mullan Runnin' Cadet Classic.
Only a Maximum of 16 Team Entries Will Be Accepted, So Please Respond Quickly!

WHATS NEW: We are adding a Sprint Medley Relay (800-200-200-400)!

We are adding a Pentathlon!

Unlaned events (800, 1500/1600, 3000/3200, 2000/3000SC) can have up to 6 entries!

FREE pizza and water before start of meet for coaches and assistants!

Each coaching packet (full team registered) will have a coach's gift for your team!

FACILITIES: Hilton has an 8-lane, all-weather track (with Steeplechase), 4 LJ/TJ pits, 2 SP areas, 1 Discus area, Space for 2 HJ's, and 2 PV areas. (Concrete Throwing Surfaces, 1/8" spikes on Runways) Restrooms are available right next to the Track. Concession Stand will be open.

LIMITATIONS: Athletes Can Do Up To 4 Events. A Team May Enter 2 Athletes in field events and individual laned events, 6 athletes in unlaned events (800,1500/1600,3000/3200, 2000/3000SC) and 1 Relay Team per School.

AWARDS: Awards to Top six places. **CHAMPION** T-Shirts to winners!

ENTRIES: Entries must be submitted only on www.yentiming.com by **Wednesday, May 1st @ 8:00pm**
DO NOT EXCEED ENTRY LIMITS; additional entries will be scratched.

For "The Glavin" or Elite PV) – there is no fee for Glavin entrees or Elite PV entrees.

"The Glavin" contact: Jeff Merkel - jmerkel@frontiernet.net;

Elite PV contact: Andy Fetzner - coachfetzner@yahoo.com

Finishlynx Timing & Hytek results. Full meet results will be posted on www.yentiming.com and www.sectionvtrack.com

Email your intent to compete to both Jeff and Brian:

Jeff Merkel, Meet co-director; Phone: (585) 739-0251; email: jmerkel@frontiernet.net

Brian Harris, Meet co-director; Phone: (585) 615-5519; email: coachharristf@gmail.com

Fees & Mailing

Check for \$250 per team or \$150 for single gender teams **AND** 1 officials voucher

Checks Payable to: HILTON TRACK

Checks Mailed to:

Hilton High School
400 East Ave.
Hilton, NY 14468

Order of Events:

All running events will be conducted as finals. Sections, lanes and flights will be seeded according to entry times or distances. Sections will run from slow to fast. All athletes in running events will wear a hip number.

*Field events start at 4:30** – Track events at 5:00 – Coaches Meeting at 4:15*

ORDER OF EVENTS	
<p style="text-align: center;"><u>RUNNING EVENTS</u></p> <p>100m Hurdles (Pentathlon) 100m Hurdles 110m Hurdles (Pentathlon) 110m Hurdles 2000m Steeplechase 3000m Steeplechase 800m 3000m/3200m (Non-Glavin) 100m 400m 1500m/1600m 400m Hurdles 200m 800/1500m (Pentathlon) *Sprint Medley (800-200-200-400)* NEW EVENT! *3000m/3200m* The Glavin (Glavin participants arrive no later than 7pm) ~15 minute break for: · Glavin awards · 4x100m relays hand-off practice 400m Relay 3200m Relay 1600m Relay</p>	<p style="text-align: center;"><u>FIELD EVENTS</u></p> <p style="text-align: center;"><i>FIRST</i></p> <p>Boys and Girls High Jump Boys and Girls Pole Vault Boys Shot Put/Girls Disc Boys and Girls Long Jump</p> <p style="text-align: center;"><i>SECOND</i></p> <p>Girls Shot Put Boys and Girls Triple Jump Boys Disc</p> <p style="text-align: center;">Elite PV will take place on the infield</p> <p style="text-align: center;">PENTATHLON ORDER:</p> <p style="text-align: center;"><i>Girls Order</i></p> <p>100m hurdles, High Jump, Shot Put, Long Jump, 800m</p> <p style="text-align: center;"><i>Boys Order</i></p> <p>110m hurdles, High Jump, Shot Put, Long Jump, 1500m</p>

All events are finals on time. Girls will precede boys unless otherwise stated above.
 A MAXIMUM OF 16 TEAMS WILL BE ENTERED, SO PLEASE LET US KNOW ASAP!