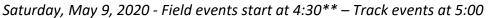


15th Annual Al Mullan Runnin' Cadet Classic

HILTON HIGH SCHOOL





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: Hilton is the 2020 site for the Class A1 and Class C2 Section V Championships!

We have a Sprint Medley Relay (800-200-200-400)!
We have 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!

<u>FACILITIES</u>: 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.

<u>LIMITATIONS</u>: 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: CHAMPION T-Shirts to winners! Medals Top 3 places.

ENTRIES: Entries must be submitted only on www.yentiming.com by Wednesday, May 6th @ 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 will go at 8:30 no matter where we are on the schedule.

"The Glavin" contact: Jeff Merkel - imerkel@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.yentiming.com

Email your intent to compete to Jeff Merkel:

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

Fees & Mailing	
Check for \$250 per team or \$150 for single	Checks Mailed to:
gender teams AND 1 officials voucher	Hilton High School
	400 East Ave.
Checks Payable to: HILTON TRACK	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		
RUNNING EVENTS	FIELD EVENTS	
100m Hurdles (Pentathlon)	FIRST	
100m Hurdles	Boys and Girls High Jump	
110m Hurdles (Pentathlon)	Boys and Girls Pole Vault	
110m Hurdles	Boys Shot Put/Girls Disc	
2000m Steeplechase	Boys and Girls Long Jump	
3000m Steeplechase		
800m	SECOND	
3000m/3200m (Non-Glavin)	Girls Shot Put	
100m	Boys and Girls Triple Jump	
400m	Boys Disc	
1500m/1600m		
400m Hurdles	Elite PV will take place on the infield	
200m		
800/1500m (Pentathlon)	PENTATHLON ORDER:	
Sprint Medley (800-200-200-400) NEW EVENT!	Girls Order	
3000m/3200m The Glavin will go at 8:30 no	100m hurdles, High Jump, Shot Put, Long Jump,	
matter where we are on the schedule.	800m	
(Glavin participants arrive no later than 7pm)	Boys Order	
~15 minute break for:	110m hurdles, High Jump, Shot Put, Long Jump,	
· Glavin awards	1500m	
· 4x100m relays hand-off practice		
400m Relay		
3200m Relay		
1600m Relay		

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!