

***RH* Relays**

Saturday, April 18, 2015

1:00pm

Rush-Henrietta Sperry HS

Elmer Gordon Stadium

Meet Entry: YEN TIMING <http://www.yentiming.com/>

Entry Fee: \$150.00 (boys/girls combined team) \$90.00 (boy or girl team)

Make Checks Payable to: Rush-Henrietta Central School District

Send to: 1799 Lehigh Station Road, Henrietta, NY 14467

Entry Deadline: Wednesday, April 15th by 8:00pm

- Depending on the number of entries teams may be allowed to enter a "B" relay.

Order of Events:

Shuttle Hurdle Relay (4 person)
1600m Sprint Medley Relay (400-200-200-800)
Distance Medley Relay (1200-400-800-1600)
4 x 100
4 x 800
2 x 400IH
800m Sprint Medley Relay (100-100-200-400)
4 x 400

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) and Discus Throw (b/g)

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

Awards

Top six relays in all events
Top three scoring teams
Special Award to the top scoring combined boys/girls program

Please email me your intent to compete by April 1st

Mike De May, Rush-Henrietta head coach

585-259-9565

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