

10th Annual Runnin' Cadet Classic

Featuring the "Saturday Night Showdown"

HILTON HIGH SCHOOL

Saturday, May 9, 2015 – starting at 2pm

Your team is invited to participate in the Runnin' Cadet Classic. Only a maximum of 24 team entries will be accepted, so please respond quickly! We are accepting individual entries as well. We will again be using Yentiming services for entries and results.

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

What makes this meet different?

FEATURES:

1. **"The Glavin"**

"The Glavin" is in memory of Pete Glavin, resident of the Hilton School District and former meet director of the McQuaid Cross Country Invitational. Pete's influence on the Rochester area running community extends well beyond McQuaid and Hilton. Pete was also co-founder of the Genesee Valley Harriers. Pete is and will continue to be missed. "The Glavin" is a collection of the best distance runners in the area to run 3200m (boys) and 3000m (girls). "The Glavin" will be run during the Saturday Night Showdown.

2. **"Saturday Night Showdown"**

Once again, we will be featuring the "Saturday Night Showdown". Athletes that advance to the finals in select races, selected field events as well top seeded distance runners will face off in the "Saturday Night Showdown". **Top 4 will receive plaques, places 5-8 will receive medals** and the Champion will receive **Champion T-shirt**. This proved to be an exciting addition to the meet. We plan to highlight the athletes and then watch the showdown as athletes showcase their talents. Questions specific to the Saturday Night Showdown should be directed to Jeff Merkel jmerkel@frontiernet.net

3. **Top Vaulters will be highlighted!**

The top pole vaulters will vault at night in front of the grandstand on a raised runway on the infield. This will be the main field event during the Saturday Night Showdown.

4. **The Cross Country Steeplechase**

Cross Country runners this is your chance to "get off the track". The event will be run at dusk. Athletes will start with 1 ½ laps on the track with steeple barriers, then athletes run off the track to run a ¾ mile loop on the grass complete with haybales and return to finish with a lap on the track over the steeple barriers. The Cross Country Steeplechase will kick off the Saturday Night Showdown.

ORDER OF EVENTS-Daytime

RUNNING EVENTS

Pent 110 Hurdles	
110m Hurdles <i>Unseeded</i>	Top 16 <i>VERIFIED</i> ⁺ seed times will race in the “ <u>Saturday Night Showdown</u> ”
Pent 100 Hurdles	
100m Hurdles <i>Unseeded</i>	Top 16 <i>VERIFIED</i> ⁺ seed times will race in the “ <u>Saturday Night Showdown</u> ”
3000m Steeplechase	FINALS on time
2000m Steeplechase	FINALS on time
800m <i>Unseeded</i>	Top 8 <i>VERIFIED</i> ⁺ seed times will race in the “ <u>Saturday Night Showdown</u> ”
400m Relay	FINALS on time
1600m Relay	Top 8 <i>VERIFIED</i> ⁺ seed times will race in the “ <u>Saturday Night Showdown</u> ”
3200m/3000m <i>Unseeded</i>	Top 16 <i>VERIFIED</i> ⁺ seed times will race in “ <u>THE GLAVIN</u> ”
100m <i>Unseeded</i>	Top 16 <i>VERIFIED</i> ⁺ seed times will race in the “ <u>Saturday Night Showdown</u> ”
400m	FINALS on time
1600m/1500m	FINALS on time
400m Hurdles	FINALS on time
Pent 800m/1500m	When ready or 20 minute break
200m	FINALS on time
3200m Relay	FINALS on time
Cross – Country Steeplechase*	

Only two entries per team allowed in the Cross-Country Steeplechase

⁺*VERIFIED* = Meet directors will use various leaderboards to verify the performances. So be sure your athlete is listed.

Boys will precede girls unless otherwise stated above

FIELD EVENTS

Girls Disc then Boys Disc	FINALS (4 throws)
Boys Shot then Girls Shot (3 throws) <i>Unseeded</i>	Top 8 <i>VERIFIED</i> ⁺ in the “ <u>Saturday Night Showdown</u> ”
Boys and Girls High Jump (after pent) <i>Unseeded</i>	Top 8 <i>VERIFIED</i> ⁺ in the “ <u>Saturday Night Showdown</u> ”
Boys and Girls Triple Jump (BEFORE LJ)	FINALS (4 jumps)
Boys and Girls Long Jump (3 jumps) <i>Unseeded</i>	Top 8 <i>VERIFIED</i> ⁺ in the “ <u>Saturday Night Showdown</u> ”
Boys and Girls Pole Vault <i>Unseeded</i>	Top 8 <i>VERIFIED</i> ⁺ in the “ <u>Saturday Night Showdown</u> ”

⁺*VERIFIED* = Meet directors will use various leaderboards to verify the performances. So be sure your athlete is listed.

PENT ORDER

Hurdles - High Jump - Shot put - Long Jump – 800m/1500m

“Saturday Night Showdown” – ORDER OF EVENTS

RUNNING EVENTS

110m/100m Hurdles (B/G)*
100m (G/B)*
800m (G/B)
“The Glavin” 3000m/3200m
1600m Relay (G/B)

FIELD EVENTS

Boys and Girls Long Jump
Boys and Girls High Jump
Girls and Boys Shot put
Boys then Girls Pole Vault (in front of the Grandstand – raised runway)

*In the Hurdles and 100m dash – there will be 2 heats ... Slow to Fast

A MAXIMUM OF 24 TEAMS WILL BE ENTERED, SO PLEASE LET US KNOW ASAP!

LIMITATIONS:

- Athletes Can Do Any **3 Events**. Please understand that fewer events per athlete, means better overall performances.
- A Team May Enter 2 Athletes per event and 1 Relay Team per School.
- In the Cross-Country Steeplechase there will not be a team limit, but we will cap the event at 25 entries for safety. It may be necessary to limit the number of entries per team IF we exceed 25 entries per sex.
- Other exceptions are listed in the order of events.
- There is no entry limit on Saturday Night Showdown events. The best verified performances get in.
- You may initially enter more than two athletes if you feel some will make the Saturday Night Showdown events. However, the limit in the daytime events is 2 athletes – unless you specify by email we will eliminate any entries beyond 2 in the daytime events.
 - Example: Team A believes that will have 3 athletes make the 100m in the Saturday night showdown. They enter five athletes in that event. If only two make the Showdown 100m then the coach must choose which of the remaining three athletes will be removed by email. If you do not then the meet directors will scratch the lowest seeds to get your team to the entry limits.

AWARDS: PLAQUES to Top FOUR and places 5-8 receive medals in the Saturday Night Showdown events. CHAMPION Shirts to winners! Ribbons given to the top 6 in the other events and Unseeded portions

ENTRIES: Entries will be online through www.yentiming.com. Entry information will be sent out to schools only when their entry fees are received. Results will be posted on www.sectionvtrack.com
We will have the meet seeded and entry sheets printed, so we need them in advance.

Mail To: Mike Szczepanik, Track Coach
Hilton High School Home Phone: (585) 281-8025
400 East Ave.
Hilton, NY 14468 School Email: mszczepanik@hilton.k12.ny.us

FEES: Check for \$250 (or \$150 for one sex) **PLUS** – One officials voucher
BOTH are required

For Small Numbers, \$15.00 per Athlete.

Make Checks out to the **HILTON TRACK** (not Hilton High School!), and Mail it to the Above Address! Please Mail your officials vouchers ahead of time as well. **Checks and Vouchers are due by Friday April 25th.** No check and voucher – No entry to the meet.

Verification Process:

The entry deadline is Monday evening. Tuesday the meet directors will verify the top seeds and make any necessary adjustments to the entries.

- Please be sure your athletes are listed either on the www.yentiming.com leaderboard or the NY state leaderboard – that way do not miss your athletes' performance.
- Please note – We will look at Winter 2014-5 and Spring 2015 Invitational and FAT entries. Dual meet performances will not be used in determining the top seeds.
- After receiving the entries – you may make minor adjustments to your entry via email to JMerkel@frontiernet.net

Timeline for Runnin' Cadet Classic:

FIRST, send in your intent here→ <http://goo.gl/forms/CTrknHYVFn>

Friday April 25th

Entry Fees are due - \$250 for Boys and Girls team or \$150 for one sex teams or \$15 per athlete (up to 3 events). You are not officially entered into the meet until payment and officials voucher is received. Checks can be made out to "HILTON TRACK"

Please mail to: Mike Szczepanik
Hilton High School
400 East Avenue
Hilton, NY 14468

Friday April 25th

One Official Voucher from your school is due. You are not officially entered into the meet until your officials voucher is received. Please scan and email to Mike Szczepanik (mszczepanik@hilton.k12.ny.us or mszczepanik@ymail.com)

Mon May 4th 9:00PM – DEADLINE (not guideline)

Entries made for Runnin' Cadet Classic on www.yentiming.com. Be sure your rosters are in and that you have worked with the site already so that you are familiar with how it works.

- For "The Glavin" and other Showcase events – you may enter times from Spring 2014 and Winter 2014-5, HOWEVER, YOU MUST ENTER ON YENTIMING.
- *Note: If your payment and officials voucher have not been received your entry on Yentiming will not be open.* Questions regarding Yentiming should be directed to Dave Yendrezski via email coachyen@gmail.com or Brian Sparacino Bsparacino@gmail.com

Tues May 5th by 9:00PM

Jeff Merkel will email the list of accepted participants in the "Glavin" and other showdown events.

Thurs May 7th Noon

Final instructions will be sent by Mike Szczepanik to all the coaches regarding the meet.

Saturday May 9th - MEET DAY!

1:15 pm – Officials meeting (in the athletes' pen)

1:30 pm – Coaches meeting (in the athletes' pen)

2:00 pm – Runnin' Cadet Classic begins

7:00 pm (est) – Saturday Night Showdown begins – Field events

8:00 pm (est) – Saturday Night Showdown begins – Track events