

**2016**

**HIS & HER INVITATIONAL**

**TRACK & FIELD INVITATIONAL**

**SATURDAY, APRIL 30**

**PENFIELD HIGH SCHOOL**

**SPONSORED BY PENFIELD AND VICTOR HIGH SCHOOLS  
AND  
THE GREATER ROCHESTER TRACK AND FIELD OFFICIALS ASSOCIATION**

Dear Coach,

You and your team are invited to the Penfield – Victor His & Her Invitational Track and Field Meet which will be held on Saturday, May 2 at Penfield High School. Enclosed is information regarding this meet, which year in and year out has proven to be one of the finest meets in Section V. We will continue with the finals only format, with all races being timed finals, as we will be using a fully automatic timing system. This year, Penfield will once again be the site for the Class AA/A Section V Championships.

This year, we will have two special awards. We are honored to again to be presenting the Trenton Jackson Memorial Award for the boy and girls' champion in the 100m Dash. We will also be having the Cedric Walker Award, given to the winners of the boys and girls 400m Hurdles winners. Special trophies will be given to the winner of each event in memory of two individual who contributed so much to Track and Field in Section V.

We hope that you can attend this year's meet.

Sincerely,

Dave Hennessey – Penfield Track Coach

Mike Modleski – Victor Track Coach

**2016  
HIS & HER INVITATIONAL  
PENFIELD HIGH SCHOOL**

**SATURDAY, APRIL 30**

**Starting Time:** 10:00 A.M. Track and Field Events

**Entry Limits:** Two athletes per event (except race walk – unlimited, non – scoring)

One Relay per school

An Athlete may do 4 events

**Entry Deadline:** Thursday, April 28 – 8pm. Since the date is just before the meet, only scratches will occur on the day of the meet, no changes.

**Coach's Meeting** at 9:45 on the infield

Race Walk is Non Scoring, but athletes will win awards for the top eight, same as other events.

Athletes in the Pole Vault must bring a copy of their vaulting pole verification form

Weight implements will be weighed beginning at 9:00 and ending at 9:45.

Fully automatic timing for all running events.

**Spikes:** 1/8<sup>th</sup> inch showing. If a shoe has a recessed spike plate, then ¼" pin spikes are permissible. Acceptable spikes and spike wrenches will be on sale at the meet.

**Parking:** On the Penfield Campus

**HIS & HER INVITATIONAL – 2016**

**Order of Events - All Events are Timed Finals  
Girls/ then Boys except Where Noted.**

Girls' Pent 100m Hurdles

Girls 100m Championship Hurdles

Boys Pent 110m Hurdles

Boys Championship 110m Hurdles

4x800m Relay

100m Dash

Girls 2000m Steeplechase

Boys 3000m Steeplechase

400m Dash

Girls 1500m Run

Boys 1600m Run

4x100m Relay

400m Hurdles

800m Run

200m Dash

Girls 3000m Run

Boys 3200m Run

Racewalk

4 x 400m Relay

**Field Events**

For both Jumps and Throws – 4 trials – No Finals

Boys and Girls Long Jump, then Triple Jump

Girls Shot/the Boys' Shot

Boys' Discus, then Girls Discus

Girls' Pole Vault (Starting Height (7' 0"))

then Boys Pole Vault (Starting Height 8' 6")

Girls High Jump (Starting Height 4' 0")

and Boys High Jump (Starting Height 5' 0") follow the  
Pentathlon High Jump

\* Pentathlon 800/1500m Runs will be inserted when ready.

**Pentathlon Order - For Both Boys and Girls**

Hurdles

High Jump

Shot

Long Jump

800/1500m Run

## HIS & HER INVITATIONAL – 2016

### Awards:

T- Shirts – 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>

Ribbons: - 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>

Team Awards: 1<sup>st</sup> – 5<sup>th</sup> ( Combined Scoring, Boys and Girls)

Scoring: 10,8,6,5,4,3,2,1

MVP Track ( Male/ Female) and MVP Field (Male/Female)

Special Awards in Memory of Trent Jackson (100m) and Cedric Walker (400m Hurdles)

**Entry Fees:** \$135.00 per single sex team, \$210.00 if you are entering both a boys' and girls' team. If entering only one or two athletes, the cost is \$20.00 per athlete, \$30.00 per relay.

### Make checks or vouchers payable to:

Penfield Track and Field Boosters

And send checks or vouchers to:

Dave Hennessey

Penfield High School

25 High School Drive

Penfield, New York 14526

### Other Information

Blocks will be provided (you may use your own)

Concession stand will be available

Souvenir shirts will be on sale

Results will be posted on the Section V web site.

Questions: Contact Dave Hennessey at 585-334-6323 or [coachhenn1@gmail.com](mailto:coachhenn1@gmail.com)

**Entries will be on line. We will be using Yen Timing Services. Go to [Yentiming.com](http://Yentiming.com) to log in and make your entries.**

**Reminder:** Entry Deadline: Thursday, April 28 – 8:00pm. Since the date is just before the meet, only scratches will occur on the day of the meet, no changes.