

Royal Comet Invitational

15th Annual Track & Field Meet

Elmer Gordon Stadium at Rush-Henrietta Sperry High School

Saturday, May 14, 2016 @ 10:00AM



Location: The Rush-Henrietta track is located at 1799 Lehigh Station Road, Henrietta New York
Site of the 2002 New York State Track & Field Championships

Facility: An eight lane all weather surface with steeplechase, two horizontal jumping areas, two vertical jumping areas, two shot & one discus area and two vaulting areas.
Special feature is a four lane, 60 meter warm-up track

Entry Restrictions: Only enter two athletes (2 male, 2 female) per event, with the exception of the Pentathlon which each school is allowed one athlete (1 male, 1 female) and the 1500/1600M, see below. Only one relay per (1 male, 1 female).

IMPORTANT: Once the entries are set, the meet will run in a timely order. You may change the names of an athlete the day of the meet but we will not change the seed times. Remember, your honesty on the seed times you submit will be critical so the best athletes are seeded against each other. We are not running trials, all events are run as a final, sections on time, slow to fast.

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

Awards: TEAM SCORING, "Champion" t-shirts to first place individual & relays,
Medals 2-6 in all individual events, 2-3 in all relays.
Top Three Team Awards
Outstanding Track Performer and Outstanding Field Performer will also be awarded.

Entry Deadline: Entries will close (NO exceptions) on **Wednesday, May 11th @ 9:00PM**, use only the ONLINE ENTRY found on Yen Timing Services website www.yentiming.com
DO NOT enter more than you're allowed, those entered over the limit will be scratched.

Entry Fees: \$200.00 per school, \$150.00 per team (boy or girl)
\$20.00 for an individual per event, \$60.00 per relay

Send Entry Fee to: Rush-Henrietta CSD, Attn: Athletic Office
1799 Lehigh Station Road
Henrietta, NY 14467

Make vouchers or checks payable to: **Rush-Henrietta Central School District**

Any Questions please contact Mike DeMay, meet director at 585-259-9565 or email at coachdemay@yahoo.com

Order of Events

<u>Tentative Time</u>	<u>Event</u>
9:15am	Coaches & Officials Meeting
10:00am	Field: Boys & Girls Pole Vault (2 vaulting areas) <u>Starting height boys @ 9'6" and the girls @ 7' 0"</u> Boys & Girls Long Jump (2 jumping pits) – 4 jumps each Girls Shot Put (followed by boys) – 4 throws each Boys Discus (followed by girls) – 4 throws each Boys High Jump (followed by girls) – infield area <u>Starting height boys @ 5'2" and the girls @ 4' 2"</u> Boys & Girls Triple Jump (2 jumping pits) – 4 jumps each

Girls/Boys Pentathlon will go directly to the LJ pits after the hurdles

Girls Order: 100H, LJ, SP, HJ, 800 Boys Order: 110H, LJ, HJ, SP, 1500M

Track:

- Girl's Pentathlon 100m High Hurdles
- Girl's 100m High Hurdles – Final
- Boy's Pentathlon 110m High Hurdles
- Boy's 110m High Hurdles – Final
- Girl's 4x800m Relay – Final
- Boy's 4x800m Relay – Final
- Girl's 100m Dash – Final
- Boy's 100m Dash – Final
- Girl's 2000m Steeplechase – Final
- Boy's 3000m Steeplechase – Final
- Girl's 400m Dash – Final
- Boy's 400m Dash – Final
- Girl's 1500m Run – Final
- Boy's 1600m Run – Final
- Girl's 400m Intermediate Hurdles – Final
- Boy's 400m Intermediate Hurdles - Final
- Girl's 4x100m Relay – Final
- Boy's 4x100m Relay – Final
- Girl's 800m Run – Final
- Boy's 800m Run – Final
- Girl's 200m Dash – Final
- Boy's 200m Dash – Final
- Girl's 3000m Run – Final
- Boy's 3200m Run – Final
- Girl's Pentathlon 800m Run*
- Boy's Pentathlon 1500m Run*
- Girl's 4x400m Relay – Final
- Boy's 4x400m Relay – Final

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Intent to Compete Form

High School: _____ Boys / Girls (circle)

Coaches Name (boys): _____

Coaches email (boys): _____

Coaches Name (girls): _____

Coaches email (girls): _____

Coaches,

You can fax this to me, or simply email me your intent to compete ASAP to:

FAX No. 585-359-7939

Email: coachdemay@yahoo.com

Thank you,
Mike De May