2017

HIS & HER INVITATIONAL

TRACK & FIELD INVITATIONAL

SATURDAY, MAY 2

PENFIELD HIGH SCHOOL

SPONSORED BY PENFIELD HIGH SCHOOL

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, April 29 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 be the site for the Section V State Qualifier 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
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 27 – 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 10:00.

Fully automatic timing for all running events.

Spikes: 1/8" 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
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
Boys and Girls Long Jump, then Triple Jump
Girls Shot/then 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
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Awards:
- T- Shirts – 1st, 2nd, 3rd
- Ribbons: - 4th, 5th, 6th, 7th, 8th
- Team Awards: 1st – 5th (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: $125.00 per single sex team, $225.00 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

Entries will be on line. We will be using Yen Timing Services. Go to Yentiming.com to log in and make your entries. New accounts/entry questions: Contact coachyen@gmail.com.

Reminder: Entry Deadline: Thursday, April 27 – 8:00pm. Since the date is just before the meet, only scratches will occur on the day of the meet, no changes.