

2018

**HIS & HER INVITATIONAL
TRACK & FIELD INVITATIONAL**

SATURDAY, APRIL 28, 2018

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-Greater Rochester Track and Field Officials Invitational Track and Field Meet which will be held on Saturday, April 28 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 fully automatic timing.

As has been the case in the past, we will have two special awards. We are honored to again to be presenting the Trenton Jackson Memorial Award to the boys' 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 individuals who contributed so much to Track and Field in Section V.

We hope that you can attend this meet.

Sincerely,

Dave Hennessey – Penfield Track Coach

**2018
HIS & HER INVITATIONAL
PENFIELD HIGH SCHOOL**

SATURDAY, APRIL 28

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 26, 8:00 p.m. Since the date is just before the meet, we will try to keep scratches and changes to a minimum.

Coaches Meeting: 9:45 on the infield

Race Walking is Non-Scoring, but athletes will win for the top eight, same as other events

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

Weight implements will be weighed beginning at 9:00 and ending at 10:00

Fully automatic timing for all running events

Spikes: ¼ inch

Parking: On the Penfield campus

HIS & HER INVITATIONAL – 2018

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

Running Events

Girls Pent 100m Hurdles
Girls 100m Championship Hurdles
Boys Pent 110m Hurdles
Boys 110m Championship Hurdles
4 x 800m Relay
Trenton Jackson Memorial 100m Dash
Girls 2000m Steeplechase
Boys 3000m Steeplechase
400m Dash
Girls 1500m Run
Boys 1600m Run
4 x 100m Relay
Cedric Walker Memorial 400m Hurdles
800m Run
200m Dash
Girls 3000m Run
Boys 3200m Run
Boys and Girls Mile Race Walk
4 x 400m Relay

Pentathlon 800/1500 will be inserted when ready

Pentathlon Order – For both boys and Girls

Hurdles
High Jump
Shot
Long Jump
800/1500m Run

Field Events

For both Jumps and Throws – 4 trials, No Finals

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”) following the Pentathlon High Jump

HIS & HER INVITATIONAL – 2018

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 Female/Male Track and MVP Female/Male Field Events

Special Memorial 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

Entry Deadline is Thursday, April 26 at 8:00p.m.