

13th Annual Al Mullan Runnin' Cadet Classic

HILTON HIGH SCHOOL

Saturday, May 5, 2018 - Field events start at 4:30** – Track events at 5:00

Your Team is invited to Participate in the Al Mullan Runnin' Cadet Classic. Only a Maximum of 16 Team Entries Will Be Accepted, So Please Respond Quickly! 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.

LIMITATIONS: Athletes Can Do Any 4 Events. A Team May Enter 2 Athletes in individual events and 1 Relay Team per School.

AWARDS: Awards to Top six places. CHAMPION Shirts to winners!

["Intent to Compete" Form](#)

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.

Fees To: Mike Szczepanik, Meet co-director

Hilton High School

400 East Ave.

Hilton, NY 14468

Phone: (585) 281-8025

School Email: mszczepanik@hilton.k12.ny.us

FEES: Check for \$150 or \$100 for single sex teams **AND** 1 officials voucher

(no individual entries except for "The Glavin")

If you have an athlete interested in running "The Glavin" contact Jeff Merkel jmerkel@frontiernet.net

Make Checks out to the **HILTON TRACK** (not Hilton High School!), and Mail it to the Above Address! **Checks AND Voucher are due by Friday April 20th**. No Check and Voucher– No entry to the meet.

ORDER OF EVENTS

RUNNING EVENTS

2000m Steeplechase
3000m Steeplechase
110m Hurdles
100m Hurdles
800m
3000m/3200m (Non-Glavin)
100m
400m
1500m/1600m
400m Hurdles
200m

***3000m/3200m* The Glavin** (Glavin participants arrive no later than 7pm)

~15 minute break for:

- Glavin awards
- 4x100m relays hand-off practice

400m Relay
3200m Relay
1600m Relay

FIELD EVENTS

FIRST

Boys and Girls High Jump
Boys and Girls Pole Vault
Boys Shot Put/ Girls Disc
Boys and Girls Long Jump

SECOND

Girls Shot Put
Boys and Girls Triple Jump
Boys Disc

All events are finals on time. Girls will precede boys unless otherwise stated above.

A MAXIMUM OF 16 TEAMS WILL BE ENTERED, SO PLEASE LET US KNOW ASAP!

Timeline for Runnin' Cadet Classic:

As Soon As Possible

Complete the ["Intent to Compete" Form](#)

Friday April 20th

Entry Fees and 1 officials voucher are due - \$150 for Boys and Girls team or \$100 for one sex teams PLUS one officials voucher. You are not officially entered into the meet until payment and voucher are received.

Please mail to:

Mike Szczepanik
Hilton High School
400 East Avenue
Hilton, NY 14468

Wed May 2nd 9:00PM EST – 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. *Note: If your payment has 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

Thurs May 3rd Noon

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

Saturday May 5th - MEET DAY!

4:00 pm – Coaches and Officials meeting (on infield behind the timing tent)

4:30 pm – Field events begin

5:00 pm – Track events begin

"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).