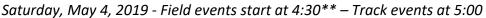


## 14th Annual Al Mullan Runnin' Cadet Classic

## HILTON HIGH SCHOOL





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!

WHATS NEW: We are adding a Sprint Medley Relay (800-200-200-400)!

We are adding a Pentathlon!

Unlaned events (800, 1500/1600, 3000/3200, 2000/3000SC) can have up to 6 entries!

FREE pizza and water before start of meet for coaches and assistants!

Each coaching packet (full team registered) will have a coach's gift for your team!

**FACILITIES:** Hilton has an 8-lane, all-weather track (with Steeplechase), 4 LJ/TJ pits, 2 SP areas, 1 Discus area, Space for 2 HJ's, and 2 PV areas. (Concrete Throwing Surfaces, 1/8" spikes on Runways) Restrooms are available right next to the Track. Concession Stand will be open.

<u>LIMITATIONS</u>: Athletes Can Do Up To 4 Events. A Team May Enter 2 Athletes in field events and individual laned events, 6 athletes in unlaned events (800,1500/1600,3000/3200, 2000/3000SC) and 1 Relay Team per School.

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

**ENTRIES**: Entries must be submitted only on <a href="www.yentiming.com">www.yentiming.com</a> by <a href="www.yentiming.com">Wednesday, May 1st @ 8:00pm</a> DO NOT EXCEED ENTRY LIMITS; additional entries will be scratched.

For "The Glavin" or Elite PV) – there is no fee for Glavin entrees or Elite PV entrees.

"The Glavin" contact: Jeff Merkel - <a href="markel@frontiernet.net">imerkel@frontiernet.net</a>; Elite PV contact: Andy Fetzner - <a href="markel@grontiernet.net">coachfetzner@yahoo.com</a>

Finishlynx Timing & Hytek results. Full meet results will be posted on <a href="https://www.yentiming.com">www.yentiming.com</a> and <a href="https://www.yentiming.com">www.yentiming.com

Email your intent to compete to both Jeff and Brian:

Jeff Merkel, Meet co-director; Phone: (585) 739-0251; email: <a href="mailto:jmerkel@frontiernet.net">jmerkel@frontiernet.net</a> Brian Harris, Meet co-director; Phone: (585) 615-5519; email: <a href="mailto:coachharristf@gmail.com">coachharristf@gmail.com</a>

Fees & Mailing	
Check for \$250 per team or \$150 for single	Checks Mailed to:
gender teams AND 1 officials voucher	Hilton High School
	400 East Ave.
Checks Payable to: HILTON TRACK	Hilton, NY 14468

## **Order of Events:**

All running events will be conducted as finals. Sections, lanes and flights will be seeded according to entry times or distances. Sections will run from slow to fast. All athletes in running events will wear a hip number.

Field events start at 4:30\*\* – Track events at 5:00 – Coaches Meeting at 4:15

ORDER OF EVENTS	
RUNNING EVENTS	FIELD EVENTS
100m Hurdles (Pentathlon)	FIRST
100m Hurdles	Boys and Girls High Jump
110m Hurdles (Pentathlon)	Boys and Girls Pole Vault
110m Hurdles	Boys Shot Put/Girls Disc
2000m Steeplechase	Boys and Girls Long Jump
3000m Steeplechase	
800m	SECOND
3000m/3200m (Non-Glavin)	Girls Shot Put
100m	Boys and Girls Triple Jump
400m	Boys Disc
1500m/1600m	
400m Hurdles	Elite PV will take place on the infield
200m	
800/1500m (Pentathlon)	PENTATHLON ORDER:
*Sprint Medley (800-200-200-400)* NEW EVENT!	Girls Order
*3000m/3200m* The Glavin	100m hurdles, High Jump, Shot Put, Long Jump,
(Glavin participants arrive no later than 7pm)	800m
~15 minute break for:	Boys Order
· Glavin awards	110m hurdles, High Jump, Shot Put, Long Jump,
· 4x100m relays hand-off practice	1500m
400m Relay	
3200m Relay	
1600m Relay	

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!