

Rush-Henrietta Relays

Saturday, April 18, 2020

10:00am

Rush-Henrietta Sperry HS
Elmer Gordon Stadium

Meet Entry: YEN TIMING <http://www.yentiming.com/>

Entry Fee: \$225.00 (boys/girls combined team) \$150.00 (per gender)
Teams that want to run one relay or two it's \$40 per relay

Make Checks Payable to: Rush-Henrietta Central School District

Send to: 1799 Lehigh Station Road, Attn: Athletic Office, Henrietta, NY 14467

Entry Deadline: Wednesday, April 15th by 8:30pm

Order of Events (girls then boys):

Shuttle Hurdle Relay (4 person) – boys then girls
1600m Sprint Medley Relay (200-200-400-800)
Distance Medley Relay (1200-400-800-1600)
Frosh/Soph 4 x 100
4 x 100
4 x 800
2 x 400IH
800m Sprint Medley Relay (100-100-200-400)
2 x 1500 (add times together)
2 x 1600 (add times together)
Frosh/Soph 4 x 400
4 x 400
Swedish Relay (100-200-300-400)
4x100 Throwers Relay

2 x all field events: Long Jump (2 pits), Triple Jump (2 pits), High Jump (2 pits), Pole Vault (2 pits), Shot Put (g/b), Discus Throw (b/g), Turbo Javlin (g/b)

THE SEPTET FIELD AWARD goes to the best field team. We'll add your best in each field event for a grand total in distance.

Scoring: 10-8-6-4-2-1

Awards

Top six relays in all events
Top three scoring teams
The Sextet Field Award

Please email me your intent to compete by April 1st

Mike De May, Rush-Henrietta head coach
585-259-9565

coachdemay@yahoo.com