**2022**

**HIS & HER INVITATIONAL**

**SATURDAY, APRIL 30, 2022**

**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 30 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 special awards. We are honored 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. Additionally, we will have the Bob Goodell Memorial award for 3000/3200 winners and the Lance Bush Award for Pentathlon winners in recognition of long time meet Director, Lance Bush. Special trophies will be given to the winner of each event in honor of 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

Rick Smith – President – Greater Rochester Track and Field Officials Association

**2022**

**HIS & HER INVITATIONAL
PENFIELD HIGH SCHOOL**

**SATURDAY, APRIL 30**

**Starting Time:** 10:00 A.M. Track and Field Events

**Entry Limits:** 20 boys’ teams and 20 girls teams will be accepted for participation.

Two athletes per event (except race walk – unlimited, non-scoring)

One Relay per school

An athlete may do 4 events

**Intent to Participate**: Send your Intent to participate to Dave Hennessey at coachhenn2@gmail.com by April 16.

**Entry Deadline**: Thursday, April 28, 8:00 p.m. Athletes competing need to be registered by Thursday, May 28 at 8:00 p.m. Since this date is just before the meet, we will try to keep changes and scratches to a minimum.

**Entry Service:** Yen Timing Services

**Coaches Meeting**: 9:45 on the infield

Race Walking is Non-Scoring, but athletes in the top eight will win awards.

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

**Weight implements –** Weigh-in will start at 9:00 and end at 10:00

Fully automatic timing for all running events

**Spikes:** ¼ inch

**Parking:** On the Penfield campus

**HIS & HER INVITATIONAL – 2022**

**Order of Events – All Events are Timed Finals**

**Girls/ then Boys except Where Noted**

**Starting Time : 10:00**

**Running Events Field Events**

Girls Pent 100m Hurdles For both Jumps and Throws – 4 trials, No Finals

Girls 100m Championship Hurdles

Boys Pent 110m Hurdles Boys and Girls Long Jump, then Triple Jump

Boys 110m Championship Hurdles

4 x 800m Relay Girls Shot/ then Boys Shot

Trenton Jackson Memorial 100m Dash

Girls 2000m Steeplechase Boys Discus/ then Girls Discus

Boys 3000m Steeplechase

400m Dash Girls Pole Vault (Starting Height 7’0”) then Boys Pole

Girls 1500m Run Vault (Starting Height 8’6”)

Boys 1600m Run

4 x 100m Relay Girls High Jump (Starting Height 4’0”) and Boys High

Cedric Walker Memorial 400m Hurdles Jump (Starting Height 5’0”) following the Pentathlon

800m Run High Jump

200m Dash

Bob Goodell Girls 3000m Run

Bob Goodell Boys 3200m Run

4 x 400m Relay

Boys and Girls Mile Race Walk

Pentathlon 800/1500 will be inserted when ready

**Lance Bush Pentathlon Order – For both boys and Girls**

Hurdles

High Jump

Shot

Long Jump

800/1500m Run

**HIS & HER INVITATIONAL – 2022**

**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 and MVP Field, Male and Female

 Special Awards in Honor of Trent Jackson (100m),Cedric Walker (400m Hurdles) , Bob Goodell (3000/3200) and Lance Bush (Pentathlon)

**Entry Fees**: $175.00 per single sex team, $300.00 if you are entering both a boys and girls team. If entering only one or two athletes, the cost is $25.00 per athlete, $40.00 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 585-478-6010 or coachhenn2@gmail.com