

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

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

Starting Time : 10:00

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
Bob Goodell Girls 3000m Run
Bob Goodell Boys 3200m Run
4 x 400m Relay
Boys and Girls Mile Race Walk

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

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

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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