

**2022
HIS & HER INVITATIONAL
PENFIELD HIGH SCHOOL**

SATURDAY, APRIL 30, 2022

Starting Time: 10:00 A.M.

Entry Limit: Two athletes per event (except race walk – unlimited, non-scoring)
One Relay per school
An athlete may do 4 events

Entry Deadline: Email me your intent as soon as possible, so we do not exceed our limit. Send your Intent to compete to Dave Hennessey at coachhenn1@gmail.com
Athletes competing need to be registered by Thursday, April 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.
We will be using the YEN Timing Services. Go to Yentiming.com to log in and make Your entries. Entry Deadline – Thursday, April 28 at 8:00 p.m.

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 pole vault verification form.

Weight Implement Weigh In will start at 9:15 and end at 10:00

Fully automatic timing for all running events

Spikes: ¼ inch

Parking: On the Penfield Campus, in the large student parking lot on the left as you enter the campus

HIS & HER INVITIATIONAL – 2022

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 110 m 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

Pentathlon 800/1500 will be inserted when ready

Field Events

For Both Jumps and Throws – 4 trials, No Finals

Boys and Girls Long Jump, then Triple Jump
Girls Long Jump – East Pit
Boys Long Jump – West Pit
Girls Triple Jump – East Pit
Boys Triple Jump – West Pit

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
Girls High Jump pit on the left, closest to the
1500 start, boys on the right closest to the
starting line

Lance Bush Pentathlon Order – For both boys and girls

Hurdles
High Jump
Shot Put
Long Jump
800/1500m Run (When Ready)

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), Bob Goodell (3000/3200) and Lance Bush (Pentathlon)

Entry Fees: \$175.00 per single sex team, \$300.00 if you are entering both and 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 Dr
Penfield, New York 14526

Other Information

Blocks will be provided (you may use your own)

Souvenir shirts will be on sale

Results will be posted on the Section V website

Questions: Contact Dave Hennessey at 585-478-6010 or coachhenn2@gmail.com