



46TH HIS & HER INVITATIONAL

SATURDAY, APRIL 29, 2023

Sponsored by Churchville-Chili HS and the Greater Rochester Track & Field Officials Association

Dear Coach,

You and your team are invited to 46th edition of the HIS & HER Invitational at **Churchville-Chili HS**. This invitational has seen many host sites in its time from Franklin, Canandaigua, Victor, Penfield and now Churchville-Chili. This meet has a rich tradition and has been one of the finest invites and one of the longest running in Section V.

As has been the case in the past we will have special awards handed out in honor of some of Section V greats. We are honored again to be presenting the Trent Jackson Memorial Award to the 100m dash champions as well as the Cedric Walker Award given to the 400m hurdle champions along with the Bob Goodell Memorial Award to the 3000m/3200m champions. Lastly in recognition to one of the meet founders and long time meet director the Lance Bush Award to the champions in the pentathlon. We hope you can attend out invitational.

Sincerely,

Dennis Pynn, Churchville-Chili coach
Mike De May, Rush-Henrietta coach
Dave Hennessey, Co-Meet Director
Lance Bush, Co-Meet Director
Rick Smith, President of the Great Rochester Track & Field Officials Association

Saturday, April 29

Starting Time: 10:00am

Entry Limits: 20 boys teams and 20 girls teams will be accepted

Two athletes per event with the exception of the Pentathlon (only 1 pentathlete per gender per school) and the Race Walk which is unlimited and non-scoring)

One relay per school

An athlete may do 4 events

Intent to Participate: Send your intent to participate to Mike De May at coachdemay@yahoo.com by April 14th

Entry Deadline: Thursday, April 27, 8:00pm
Entries must be submitted through Yen Timing Services

Coaches Meeting: 9:25am on the infield near the finish line

Fully Automatic Timing for all running events

1/4 spikes are allowed

Scoring: 10-8-6-5-4-3-2-1

Individual Awards: T-Shirts 1st, 2nd and 3rd Ribbons: 4th thru 8th
MVP Track (boy/girl) and MVP Field (boy/girl)

Team Awards: 1st thru 5th (combined scoring boys & girls)

Entry Fee: \$300.00 if you are entering both a boys and girls team. \$200.00 for a single gender team. If you are entering only one or two athletes the cost is \$25.00 per athlete, \$50.00 per relay

Make checks or vouchers payable to: Churchville-Chili Central Schools
Send to: Michael Murray, CMAA
Director of Health, PE & Athletics
Churchville-Chili Central School
139 Fairbanks Road
Churchville, NY 14428

Other Info: Blocks provided or you may use your own
Concession stand and or Food Trucks will be available
Souvenir shirts will be on sale
Results will be posted on Yen Timing and Section V Track

Questions: Contact Mike De May at 585-259-9565 or coachdemay@yahoo.com

Track Events	Field Events
Girls Pent 100m hurdles	For both horizontal jumps and throws 4 trials
Girls Championship 100m hurdles	with no finals.
Boys Pent 110m hurdles	
Boys Championship 100m hurdles	Long Jump (2 pits)
4x800m relay (g/b)	Triple Jump (2 pits)
Trent Jackson Memorial 100m (g/b)	
Girls 2000m steeple	Shot Put (g/b)
Boys 3000m steeple	Discus (b/g)
400m (g/b)	
Girls 1500m	Pole Vault (2 pits) Girls starting at 7' 0"
Boys 1600m	Boys starting at 8' 6"
4x100m relay (g/b)	
Cedric Walker Memorial 400m hurdles (g/b)	High Jump (2 pits) follows the Pent
800m (g/b)	Girls starting at 4' 0", Boys starting at 5' 0"
200m (g/b)	
Bob Goodell Memorial girls 3000m	Pentathlon Order:
Bob Goodell Memorial boys 3200m	Hurdles – HJ – SP – LJ – 800/1500
4x400m relay (g/b)	
Pent 800/1500 will be inserted when ready	
4x400m CO-ED relay (2 boys & 2 girls)	
Combined Mile Race Walk (non scoring)	