

Rush-Henrietta Relays



Saturday, April 22, 2023

10:00am

**Rush-Henrietta Sperry HS
Elmer Gordon Stadium**

Meet Entry: YEN TIMING <http://www.yentiming.com/>
Entry Fee: \$250.00 (boys/girls combined team) \$175.00 (for single gender team)
+ one official voucher

Checks Payable to: Rush-Henrietta Central School District
Send to: 1799 Lehigh Station Road, Attn: Athletic Office, Henrietta, NY 14467
Entry Deadline: Wednesday, April 19th by 8:30pm

Order of Events (girls then boys):

4 x 100m Hurdles (combine times)
4 x 110m Hurdles (combine times)
1600m Sprint Medley Relay (400-200-200-800)
Distance Medley Relay (1200-400-800-1600)
Frosh/Soph 4 x 100
Varsity 4 x 100
Frosh/Soph 4x800 (run w/ varsity)
4 x 800
2 x 400IH (combine times)
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
Varsity 4 x 400
Swedish Relay (100-200-300-400)

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) and TURBO Javelin (g/b)

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

Awards: Top six relays in each event and Top three scoring teams

Please email me your intent to compete by April 10th

Mike De May, Rush-Henrietta head coach

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