

RH Relays

Saturday, April 23, 2016

12:00pm

Rush-Henrietta Sperry HS

Elmer Gordon Stadium

Meet Entry: YEN TIMING <http://www.yentiming.com/>

Entry Fee: \$150.00 (boys/girls combined team) \$90.00 (boy or girl team)

Make Checks Payable to: Rush-Henrietta Central School District

Send to: 1799 Lehigh Station Road, Attn: Athletic Office, Henrietta, NY 14467

Entry Deadline: Wednesday, April 20th by 8:00pm

Order of Events:

Shuttle Hurdle Relay (4 person)
1600m Sprint Medley Relay (400-200-200-800)
Distance Medley Relay (1200-400-800-1600)
4 x 100
4 x 800
2 x 400IH
800m Sprint Medley Relay (100-100-200-400)
2 x 1500 (add times together) then 2 x 1600 (add times together)
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) and Discus Throw (b/g)

- Working on adding Turbo Javelin

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

Awards

Top six relays in all events

Top three scoring teams

Please email me your intent to compete by April 8th

Mike De May, Rush-Henrietta head coach

585-259-9565

coachdemay@yahoo.com