

2021

HIS & HER INVITATIONAL

SATURDAY, MAY 8, 2021

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 His and Her Invitational, which will be held on Saturday, May 8 at Penfield High School. The Penfield track and Field areas were redone last year, so we are looking for a very competitive meet. This meet has traditionally been one of the finest 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 had 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. The second special award will be dedicated to Cedric Walker, and it will be given to the winners of the boys and girls 400m Hurdles. Additionally, we will have the Bob Goodell Memorial Award for the 3000/3200 winners, and the Lance Bush Award for the Pentathlon winners in recognition to long time co meet director Lance Bush. Special trophies will be given to the winner of each event in honor of individuals who have contributed so much to Track and Field in Section V.

We hope you can attend this meet.

Sincerely,

Dave Hennessey – Penfield Track Coach

Rick Smith – President – Greater Rochester Track and Field Officials Association

**2021
HIS & HER INVITATIONAL
PENFIELD HIGH SCHOOL**

SATURDAY, MAY 8, 2021

Starting Time: 1:00 p.m (May 8 is a SAT Testing Day, Penfield is a SAT Testing Site).

Entry Limit: Two athletes per event (except race walk – unlimited, non-scoring
One Relay per school
An athlete may do 4 events
Due to the Covid Epidemic, we will be limited to the first 16 schools to respond.

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, May 6 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, May 6 at 8:00 p.m.

Coaches Meeting: 12:45 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 12:00 and end at 1:00

Fully automatic timing for all running events

Spikes: ¼ inch

Parking: On the Penfield Campus

Sorry, No Spectators

HIS & HER INVITIATIONAL – 2021

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

Starting Time : 1:00

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

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 – West Pit
Boys Triple Jump – East 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

Pentathlon 800/1500 will be inserted when ready

Lance Bush Pentathlon Order – For both boys and girls

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

HIS & HER INVITATIONAL 2021

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 coachhenn1@gmail.com

SORRY, NO SPECTATORS