



18th Annual Al Mullan Runnin' Cadet Classic



HILTON HIGH SCHOOL

Saturday, May 4, 2024 – Track and Field events start at 4:30

Your Team is invited to participate in the Al Mullan Runnin' Cadet Classic.
Only a Maximum of 20 Team Entries Will Be Accepted, So Please Respond Quickly!

Each coaching packet (full team registered) will have a coach's gift for your team!

Coaches will not be allowed on the infield. We will have designated coaching areas for all field events.

FACILITIES: Hilton has an 8-lane, all-weather track, with Steeplechase, 4 LJ/TJ pits, 2 SP areas (one designated for Pent), 1 Discus area, 2 HJ pits, and 2 PV areas. Concrete Throwing Surfaces, 1/4" spikes on Runways
Restrooms are available right next to the Track.

LIMITATIONS: Athletes Can Do Up To 4 Events. A Team May Enter 2 Athletes in field events and individual running events, 1 pentathlete per gender per team, and 1 Relay Team per School.

AWARDS: CHAMPION T-Shirts to winners! Medals Top 3 places.

ENTRIES: Entries must be submitted only on www.yentiming.com by **Thursday, May 2nd @ 7:00pm**
DO NOT EXCEED ENTRY LIMITS; additional entries will be scratched.

For "The Pete Glavin Memorial Races" or Elite PV – there is no fee.

The Pete Glavin Memorial Races will go at 8:30 no matter where we are on the schedule.

"The Pete Glavin Memorial Races" contact: Jeff Merkel – jmerkel@ga.hiltoncsd.net

Elite PV contact: Jeff Merkel - jmerkel@ga.hiltoncsd.net

FinishLynx Timing & Hytek results. Full meet results will be posted on www.yentiming.com and www.sectionvtrack.com

Email your intent to compete to Jeff Merkel:

Jeff Merkel, Meet Director; Phone: (585) 739-0251; email: jmerkel@ga.hiltoncsd.net

| Fees & Mailing | |
|---|---|
| Check for \$300 per team or \$200 for single gender teams AND 1 official's voucher | Checks Mailed to: Hilton High School 400 East Ave. Hilton, NY 14468 |
| Checks Payable to: HILTON TRACK | |

Order of Events:

All running events will be conducted as finals. Sections, lanes and flights will be seeded according to entry times or distances. Sections will run from slow to fast. All athletes in running events will wear a hip number.

Track and Field events start at 4:30 – Coaches Meeting at 4:00

| ORDER OF EVENTS | |
|---|--|
| <p style="text-align: center;"><u>RUNNING EVENTS</u></p> <p>100m Hurdles (Pentathlon) 100m Hurdles 110m Hurdles (Pentathlon) 110m Hurdles 2000m Steeplechase 3000m Steeplechase 800m 3000m/3200m (Non-Glavin) 100m 400m 1500m/1600m 400m Hurdles 200m 800/1500m (Pentathlon) *3000m/3200m* The Pete Glavin Memorial Races will go at 8:30 pm no matter where we are on the schedule. (The Pete Glavin Memorial Race participants arrive no later than 7pm) 400m Relay 3200m Relay 1600m Relay</p> | <p style="text-align: center;"><u>FIELD EVENTS</u></p> <p style="text-align: center;"><i>FIRST</i></p> <p>Boys and Girls Pent High Jump Boys and Girls Pole Vault Boys Shot Put (top 8 to finals) Girls Disc Boys and Girls Long Jump</p> <p style="text-align: center;"><i>SECOND</i></p> <p>Boys and Girls High Jump Girls Shot Put (top 8 to finals) Boys Disc Boys and Girls Triple Jump</p> <p style="text-align: center;">Elite PV will take place on the infield Shot Put finals will take place on the infield</p> <p style="text-align: center;">PENTATHLON ORDER:</p> <p style="text-align: center;"><i>Girls Order</i></p> <p>100m hurdles, High Jump, Shot Put, Long Jump, 800m</p> <p style="text-align: center;"><i>Boys Order</i></p> <p>110m hurdles, High Jump, Shot Put, Long Jump, 1500m</p> |

All events are finals on time. Girls will precede boys unless otherwise stated above.
 A MAXIMUM OF 20 TEAMS WILL BE ENTERED, SO PLEASE LET US KNOW ASAP!