

Royal Comet Invitational

13th Annual Track & Field Meet
Elmer Gordon Stadium at Rush-Henrietta Sperry High School
Saturday, May 12, 2012 @ 10:00AM

Location: The Rush-Henrietta track is located at 1799 Lehigh Station Road, Henrietta New York
Site of the 2002 New York State Track & Field Championships

Facility: An eight lane all weather surface with steeplechase, two horizontal jumping areas, two vertical jumping areas, two shot & one discus area and two vaulting areas.
Special feature is a four lane, 60 meter warm-up track

Entry Restrictions: Only enter two athletes (2 male, 2 female) per event, with the exception of the Pentathlon which each school is allowed one athlete (1 male, 1 female) and the 1500/1600M, see below. Only one relay per (1 male, 1 female). Entries are limited to the first 24 schools.

IMPORTANT: Once the entries are set, you may change the names of an athlete the day of the meet but we will not change the seed times. Remember, your honesty on the seed times/performances you submit will be critical so the best athletes are seeded against each other. We are not running trials, all events are run as a final, sections on time.

TANKSI MILE: This is a special feature to honor a former R-H principal who was a major influence to the R-H track and field program before his untimely death in 2001.

The top times entered in the 1500/1600M events will be considered.

There will be a special awards ceremony immediately after the two races. If you feel you have a runner or runners that will make the Tanski Mile, you may submit an additional runner to compete in the 1500/1600M events. Maximum 3 entries, exceptions possible

Fleet Feet Sports Distance Runner of the Year series event

Timing & Results: Finishlynx Timing and Hytek results. Full meet results will be posted @ www.yentiming.com, www.sectionvtrack.com and www.rhrunning.com

Awards: NO TEAM SCORING, "Champion" t-shirts to first place individual & relays, medals 2-6 in all individual events, 2-3 in all relays.

Entry Deadline: Entries will close (NO exceptions) on Wednesday, May 9th @ 9:00PM, use only the ONLINE ENTRY found on Yen Timing Services website www.yentiming.com
DO NOT enter more than you're allowed, those entered over the limit will be scratched.

Entry Fees: \$200.00 per school, \$150.00 per team (boy or girl), \$10.00 for an individual per event, \$40.00 per relay

Send Entry Fee to:

Royal Comet Invitational, Athletic Office
1799 Lehigh Station Road
Henrietta, NY 14467

Make vouchers or checks payable to: Rush Henrietta Central Schools

Any Questions: Please contact Mike DeMay, meet director at 585-259-9565 or email at coachdemay@yahoo.com

Order of Events

Tentative Time Event

9:15 Coaches and Officials Meeting

10:00 **Field:**

Boys & Girls Pole Vault (2 vaulting areas)

Starting height boys @ 9' 0" and the girls @ 7' 0"

Boys & Girls Long Jump (2 jumping pits) – 4 jumps each

Girls Shot Put (followed by boys) – 4 throws each

Boys Discus (followed by girls) – 4 throws each

Boys High Jump (followed by girls) – infield area

Starting height boys @ 5' 0" and the girls @ 4' 2"

Boys & Girls Triple Jump (2 jumping pits) – 4 jumps each

Girls/Boys Pentathlon will fit in when the pits are free for LJ, the HJ will use the outside area and there will be a designated shot area as well.

Order: Girls 100H, SP, LJ, HJ, 800 Order: Boys 110H, HJ, SP, LJ, 1500M

10:00 **Track:**

Boys 3000M Steeplechase

Girls 2000M Steeplechase

Girls PENT 100M hurdles

Girls 100M hurdle

Boys PENT 110M hurdles

Boys 110M hurdle

Girls 3000M

Boys 3200M

Girls 400M Relay

Boys 400M Relay

Girls 1600M Relay

Boys 1600M Relay

Girls 1500M

Boys 1600M

National Anthem

Girls Tanski Mile

Boys Tanski Mile

Girls 100M

Boys 100M

Girls 400M

Boys 400M

Girls 400M hurdles

Boys 400M hurdles

Girls 800M

Boys 800M

Girls 200M

Boys 200M

Girls PENT 800M

Boys PENT 1500M

Girls 3200M Relay

Boys 3200M Relay

Girls Sprint Medley (200-200-400-800)

Boys Sprint Medley (200-200-400-800)

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Intent to Compete Form

High School: _____

Boys / Girls (circle)

Coaches Name (boys): _____

Coaches email (boys): _____

Coaches Name (girls): _____

Coaches email (girls): _____

Coaches,

You can fax this to me, or simply email me your intent to compete ASAP to:

FAX No. 585-359-7939

Email: coachdemay@yahoo.com

Thank you,

Mike DeMay