



ROYAL COMET INVITATIONAL
IX Annual Track & Field Meet
Saturday, May 17, 2008 @ 10:00am



Location

The Rush-Henrietta track is located in the Elmer Gordon Stadium behind the Rush-Henrietta Sperry High School at 1799 Lehigh Station Road Henrietta, New York.

Facility

An 8 lane all weather surface with steeplechase, 2 horizontal jumping pits, 2 vertical jumping pits, 3 throwing areas and 2 vaulting pits. Special feature is a 4 lane, 60 meter warm-up track.

ONLY R-H BLOCKS ARE ALLOWED ON THE TRACK 1/4" SPIKES ALLOWED

Concessions and T-Shirt sales will be available

Entry Restrictions

Only enter two athletes per school, per event, with the exception of the PENTATHLON, only one athlete per school. Athletes may enter four events. Only one relay team per school. Entries are limited to the first 24 schools.

Timing and Results

Finishlynx Timing and Hytek results. Full meet results will be posted @ www.rhrunning.com and www.monroe.edu/~mcq/svtrk

Awards

NO TEAM SCORING, "Champion" t-shirts to first place, medals 1-6 in all individual events, 1-3 in all relays. An Outstanding Track Performer (boy and girl) & Outstanding Field Performer (boy and girl) will be awarded as well.

Entry Deadline

Entries close **Tuesday, May 13 @ 8:00pm**. If we have more than 24 schools enter, postmarks and fax times will determine who gets into the meet. No entry will be accepted without the proper fees. Use only the ONLINE ENTRY Form found at www.YenTiming.com . Email coachyen@aol.com for school password if unknown.

Fee Schedule

\$150.00 for either boys or girls team, \$200.00 for combined.
For smaller teams, \$15.00 per individuals, per event & \$20.00 per relay

Send Entry Fees to:

Royal Comet Invitational, Athletic Office
West Henrietta Educational Building
649 Erie Station Road
West Henrietta, NY 14586

Make vouchers or checks payable to: **Rush-Henrietta Central Schools**

Questions or concerns, contact: Mike De May, Meet Director @ 585-259-9565 after 8pm.

Entry forms and information can be found at: www.monroe.edu/~mcq/svtrk

IMPORTANT: Once the entries are set for this meet, the meet will run on a time order. You may change the name of the athletes the day of the meet but we will not change seed times. Remember, your honesty on the times you submit will be critical so the best athletes are seeded against each other. We are not going to run trials. There will be sections on time only.

“TANSKI MILE”

This is a special event to honor a former R-H principal who was a major influence to the RH track & field program. The top 10 times submitted for the boys and girls 1600/1500 will be considered. There will be a special awards and ceremony for the event.

Order of Events

<u>Tentative Time</u>	<u>Event</u>	<u>Number of Sections</u>
9:30am	Coaches & Officials meeting	
10:00am	Boys 3000M Steeplechase	2
	Girls 2000M Steeplechase	2
	Girls Pentathlon 100M hurdles	6
	Girls 100M hurdles, FINAL	6
	Boys Pentathlon 110M hurdles	6
	Boys 110M hurdles, FINAL	6
	Girls 3000M, FINAL	2
	Boys 3200M, FINAL	2
	Girls 400M Relay, FINAL	6
	Boys 400M Relay, FINAL	6
	Girls 1600M Relay, FINAL	6
	Boys 1600M Relay, FINAL	6
	Girls 1500M	2
	Boys 1600M	2
	NATIONAL ANTHEM	
	Girls TANSKI MILE	1
	Boys TANSKI MILE	1
	Girls 100M, FINAL	6
	Boys 100M, FINAL	6
	Girls 400M, FINAL	6
	Boys 400M, FINAL	6
	Girls 400M hurdle, FINAL	6
	Boys 400M hurdle, FINAL	6
	Girls 800M	3
	Boys 800M	3
	Girls 200M	6
	Boys 200M	6
	Girls Pentathlon 800M	1
	Boys Pentathlon 1500M	1
	Girls 3200M Relay	2
	Boys 3200M Relay	2
		<u>Flights</u>
<u>Field Events</u>		
10:00am	Girls long jump (4 jumps) North Pit	4
	Boys long jump (4 jumps) South Pit	4
	Girls shot put followed by Boys (4 throws)	4
	Boys discus followed by Girls (4 throws)	4
	Girls pole vault (starting height 7'0") followed by boys (starting height 9' 0")	
	Boys high jump (starting height 5' 6") followed by girls (starting height 4' 6")	
	Girls triple jump followed by Boys (4 jumps)	4
	Girls/Boys pentathlon will fit in when pits are free. Pentathlon will use outside HJ area.	