

5th annual Hilton Spring Breakout

HILTON HIGH SCHOOL

Saturday April 17, 2010

10:00 am

Your Team is invited to Participate in the Hilton Spring Breakout. Only a Maximum of 20 Team Entries Will Be Accepted, So Please Respond Quickly! **This is the only Spring Break meet in Rochester!**

FACILITIES: Home of Section V- Class AA Sectionals. Hilton has an 8-lane, all-weather track (with Steeplechase), 4 LJ/TJ pits, 2 SP areas, 1 Discus areas, Space for 2 HJ's, and 2 PV areas. (Concrete Throwing Surfaces, 1/8" spikes on Runways, Please!) Restrooms are available right next to the Track. Concession Stand will be open.

LIMITATIONS: Athletes Can Do Any 4 Events. A Team May Enter 2 Athletes in Laned Events, 3 Athletes in All Other Events. 1 Relay Team per School. 1 Pentathlon entry per sex per team

AWARDS: Awards for Top six places. CHAMPION Shirts to winners!

ENTRIES: Entries will be online through www.yentiming.com. Entry information will be sent out to schools only when their entry fees are received. Results will be posted on www.sectionvtrack.com

We will have the meet seeded and entry sheets printed, so we need them in advance.

Fees To:	Mike Szczepanik, Track Coach	School Phone: (585) 392-1000 (Ext 2220)
	Hilton High School	Home Phone: (585) 227-1388
	400 East Ave.	School FAX: (585) 392-1071
	Hilton, NY 14468	School Email: mszczepanik@hilton.k12.ny.us

Entry fees **MUST** be received by Friday, April 9th. The first 20 **PAID** schools will be entered into the meet.

FEES: Check for \$125 (or \$75 for one sex)

PLUS – One officials voucher

BOTH are required

For Small Numbers, \$10.00 per Athlete (may do 4 events).

Make Checks out to the **HILTON TRACK** (not Hilton High School!), and Mail it to the Above Address! Please Mail your officials vouchers ahead of time as well. **Checks and Vouchers are due by Friday April 9th. No check and voucher – No entry to the meet.**

ORDER OF EVENTS

RUNNING EVENTS

110 Hurdles then Pent 110 Hurdles

Pent 100 Hurdles then 100Hurdles

2000m Steeplechase

3000m Steeplechase

Girls 1500m Racewalk

800m

400m Relay

1600m Relay

3000m/3200m

100m

400m

1500m/1600m

400m Hurdles

200m

3200m Relay

** (Pent 800 and 1500 will go when ready)**

FIELD EVENTS

FIRST

Boys and Girls High Jump

Boys and Girls Long Jump* (may be interrupted by pent)

Boys and Girls Pole Vault

Boys Shot Put*/Girls Disc (may be interrupted by pent)

SECOND

Girls Shot Put/ Boys Disc

Boys and Girls Triple Jump

PENT Order

Pent Boys - Hurdles, LJ*, SP*, HJ, 1500m

Pent Girls - Hurdles, LJ*, SP*, HJ, 800m

*(LJ and SP will fit between flights of open LJ/SP)

All events are finals on time

Girls will precede boys unless otherwise stated above

WE EXPECT THE MEET TO BE OVER AT ABOUT 5:00pm

ONLY A MAXIMUM OF 20 TEAMS WILL BE ENTERED, SO PLEASE LET US KNOW ASAP!

Timeline for Hilton Spring Breakout:

As Soon As Possible

Email Mike Szczepanik mszczepanik@hilton.k12.ny.us to let us know that you intend to enter this year's meet. This will get you onto the list for future contacts, but you are not officially entered into the meet until we receive your payment and official voucher.

Friday April 9th

Entry Fees are due - \$125 for Boys and Girls team or \$75 for one sex teams or \$10 per athlete (up to 4 events). You are not officially entered into the meet until payment is received. Please mail to:

Mike Szczepanik
Hilton High School
400 East Avenue
Hilton, NY 14468

Friday, April 9th

One Official Voucher from your school is due. You are not officially entered into the meet until your voucher is received. Please mail to Mike Szczepanik (same address as Entry Fees)

Wednesday April 14th 8:00PM EST – DEADLINE (not guideline)

Entries made for Hilton Spring Breakout on www.yentiming.com. Be sure your rosters are in and that you have worked with the site already so that you are familiar with how it works. *Note: If your payment and officials voucher have not been received your entry on Yentiming will not be open.* Questions regarding Yentiming should be directed to Dave Yendrezski via email coachyen@aol.com

Friday April 16th Noon

Final instructions will be sent by Mike Szczepanik to all the coaches regarding the meet.

Saturday April 17th - MEET DAY!

9:30 am – Coaches and Officials meeting (on infield behind the timing tent)

10:00 am – Meet begins