

## ROYAL COMET

11<sup>th</sup> Annual Track & Field Meet  
Elmer Gordon Stadium at Rush-Henrietta Sperry High School  
Saturday, May 15, 2010 @ 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, the meet will run in a timely order. 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 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, sectionals on time, slow to fast.

**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. 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.**  
*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](http://www.yentiming.com) and [www.rhrunning.com](http://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.  
Outstanding Track Performer and Outstanding Field Performer will also be awarded.

**Entry Deadline:** Entries will close (NO exceptions) on **Tuesday, May 11<sup>th</sup> @ 9:00PM**, use only the ONLINE ENTRY found on Yen Timing Services website [www.yentiming.com](http://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  
West Henrietta Educational Building  
649 Erie Station Road  
West Henrietta, NY 14586

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](mailto:coachdemay@yahoo.com)

<u>Tentative Time</u>	<u>Order of Events</u> <u>Event</u>
9:30am	Coaches & Officials Meeting
10:00am	<b>Field:</b> Boys & Girls Pole Vault (2 vaulting areas) <u>Starting height boys @ 9'0" and the girls @ 7' 0"</u> 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 <u>Starting height boys @ 5'6" and the girls @ 4' 6"</u> 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 a designated shot area as well. Order: Girls 100H, SP, LJ, HJ, 800 Order: Boys 110H, HJ, SP, LJ, 1500M

**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 hurdle  
Boys 400M hurdle  
Girls 800M  
Boys 800M  
Girls 200M  
Boys 200M  
Girls PENT 800M  
Boys PENT 1500M  
Girls 3200M Relay  
Boys 3200M Relay

**Royal Comet Invitational**  
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**Intent to Compete Form**

High School: \_\_\_\_\_ Boys / Girls (circle one)

Coaches Name: \_\_\_\_\_

Coaches email: \_\_\_\_\_

Coaches,

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

FAX No. 585-265-3447

Email: [coachdemay@yahoo.com](mailto:coachdemay@yahoo.com)

Thank you,  
Mike DeMay