

4th Annual Runnin' Cadet Classic "Friday Night Lights"

HILTON HIGH SCHOOL

Friday, May 1, 2009 - Field events start at 4:30 – Track events at 5:00

Your Team is invited to Participate in the Runnin' Cadet Classic. Only a Maximum of 12 Team Entries Will Be Accepted, So Please Respond Quickly! We will again be using Yentiming services for entries and results.

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.

AWARDS: Awards to 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.

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

Fees To: Mike Szczepanik, Track Coach Hilton High School 400 East Ave. Hilton, NY 14468	School Phone: (585) 392-1000 (Ext 2220) Home Phone: (585) 227-1388 School FAX: (585) 392-1071 School Email: mszczepanik@hilton.k12.ny.us
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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 17th**. No check and voucher – No entry to the meet.

ORDER OF EVENTS

RUNNING EVENTS

2000m Steeplechase
3000m Steeplechase
110m Hurdles
100m Hurdles
800m
400m Relay
1600m Relay
3000m/3200m Part of the Rochester "Fleet Feet
100m Distance Runner of the Year" Series
400m
1500m/1600m
400m Hurdles
200m
3200m Relay

FIELD EVENTS

FIRST
Boys and Girls High Jump
Boys and Girls Pole Vault
Boys Shot Put/ Girls Disc
Boys and Girls Long Jump

SECOND
Girls Shot Put
Boys and Girls Triple Jump
Boys Disc

All events are finals on time. Girls will precede boys unless otherwise stated above.

A MAXIMUM OF 12 TEAMS WILL BE ENTERED, SO PLEASE LET US KNOW ASAP!