

# 5<sup>th</sup> Annual Runnin' Cadet Classic "Friday Night Lights"

HILTON HIGH SCHOOL

Friday, May 7, 2010 - Field events start at 4:30\*\* - Track events at 5:00

\*\*Note - Girls Disc will start at 4:00 because of daylight issues\*\*

Your Team is invited to Participate in the Runnin' Cadet Classic. Only a Maximum of 16 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](http://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](http://www.sectionvtrack.com). We will have the meet seeded and entry sheets printed, so we need them in advance.

<b>Fees To:</b> 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: <a href="mailto:mszczepanik@hilton.k12.ny.us">mszczepanik@hilton.k12.ny.us</a>
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**FEES:** Check for \$150 (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 23<sup>th</sup>.** 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  
Distance Runner of the Year" Series**  
100m  
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  
*\*\*Girls Disc will start at 4:00\*\**  
**SECOND**  
Girls Shot Put  
Boys and Girls Triple Jump  
Boys Disc

**\*\*We will also feature one other track event and one of the field events as FEATURED events. In 2009, the invitational 800m was a big success.\*\***

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

**A MAXIMUM OF 16 TEAMS WILL BE ENTERED, SO PLEASE LET US KNOW ASAP!**

## *Timeline for Runnin' Cadet Classic:*

### **As Soon As Possible**

Email Mike Szczepanik [mszczepanik@hilton.k12.ny.us](mailto: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 23<sup>rd</sup>**

Entry Fees are due - \$150 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 23<sup>rd</sup>**

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)

### **Mon May 3<sup>rd</sup> 9:00PM EST**

Email your entry for "Premier 3000/3200" to [mszczepanik@hilton.k12.ny.us](mailto:mszczepanik@hilton.k12.ny.us), if you have any necessary applications

### **Tues May 4<sup>th</sup> by 10:00AM**

Mike Szczepanik will email the list of accepted participants in the "Premier 3000/3200"

### **Tues May 4<sup>th</sup> 9:00PM EST – DEADLINE (not guideline)**

Entries made for Runnin' Cadet Classic on [www.yentiming.com](http://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](mailto:coachyen@aol.com)

### **Thurs May 6<sup>th</sup> Noon**

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

### **Friday May 7<sup>th</sup> - MEET DAY!**

**4:00 pm** – Coaches and Officials meeting (on infield behind the timing tent)

**4:00 pm** – Girls Discus begins (daylight issues force this event to start early)

**4:30 pm** – Other Field events begin

**5:00 pm** – Track events begin