

Hilton Spring Breakout

HILTON HIGH SCHOOL

Wednesday April 11, 2007

10:00 am

Your Team is invited to Participate in the Hilton Spring Breakout. Only a Maximum of 12 Team Entries Will Be Accepted, So Please Respond Quickly! **This is the only Spring Break meet on the Westside of 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.

AWARDS: Awards for Top six places.

ENTRIES: OK, this is Spring Vacation. Nobody knows who's going to show up, **SO** hand in 3 X 5 cards by 10:00 on the day of the meet. Please be as accurate as possible.

FEES: \$50 for Either a Boys **OR** a Girls Team, \$75 For Both **and** schools are asked to bring **one officials voucher**. For Small Numbers, \$10.00 per Athlete (may do 4 events). Make Checks & Vouchers Out to the **HILTON TRACK** (*not Hilton High School!*), and Mail it to the Below Address! If We Need to Sign A Voucher, Please Send It ASAP! We'll Mail it back! **Checks are due by the morning of the meet. If you have not paid your athletes will not be allowed to run.**

Send To: Mike Szczepanik, Track Coach
Hilton High School
400 East Ave.
Hilton, NY 14468

School Phone: (585) 392-1000 (Ext 2217)
Home Phone: (585) 227-1388
School FAX: (585) 392-1052
School Email: mszczepanik@hilton.k12.ny.us

RUNNING EVENTS

2000m Steeplechase
3000m Steeplechase
110m Hurdles
100m Hurdles
800m
400m Relay
1600m Relay
3000m/3200m
100m
400m
1500m/1600m
400m Hurdles
200m
3200m Relay
800m Relay

ORDER OF EVENTS

FIELD EVENTS

FIRST

Boys and Girls High Jump (after steeple)
Boys and Girls Pole Vault
Boys Shot Put/ Girls Disc
Boys and Girls Long Jump

SECOND

Girls Shot Put/ Boys Disc
Boys and Girls Triple Jump

All events are finals on time

Girls will precede boys unless otherwise stated above

WE EXPECT THE MEET TO BE OVER AT ABOUT 3:00pm
ONLY A MAXIMUM OF 12 TEAMS WILL BE ENTERED, SO PLEASE LET US KNOW ASAP!