

The Henderson Track and Field Invitational

The Henderson Track and Field Invitational was a tremendous success last year with many great teams and performances showing the talent that this area has to offer. The meet will, of course, be hosted at West Chester Henderson High School on Friday, May 2, 2008. Field events will begin at 3:00 and track events at 3:30. ***For more information, visit www.runccrs.com and connect to the site via the link at the bottom of the page.***

- Please submit this page with your team's entry check (payable to Henderson Track and Field) to the following address by **April 2, 2008**:
 - Kevin Kelly - Track Coach
c/o Henderson High School
400 Montgomery Avenue
West Chester, PA 19380
- The entry fee is \$100 dollars per team, or \$200 per school if both girls and boys teams are attending. Otherwise, entry fees for individuals are \$10 per person and \$15 per relay team.
- The meet will have the regular dual-meet events with an addition of a novice 1600m.
- The 100-meter, 200-meter and 100/110-meter hurdles will all have trials and finals.
- **Entries will be done via Directathletics.com. Log in and do your entries there. Entries are due by Wednesday, April 30 at 9:00PM. With this late entry, there should be very few scratches. We should be able to put the performance list up by Thursday morning.**
- There will be a limit of two individuals from a single school per track event. However, if you have more than two individuals who wish to run a specific event, you may enter extra participants if, and only if, all entrants in that event are capable of meeting the **District 1 AAA qualifying standard**.
- Only one relay team from each school may be entered in each relay event.
- Unlimited entries will be allowed in the novice 1600-meter run. You may have to time your own runners if we have too many athletes in those events. We will run a maximum of 2 heats for each sex.
- Scratches will be done at the coach's meeting.
- Finishlynx timing will be used.
- NFHS Rules apply for uniforms, etc..
- The meet will be sanctioned by the NFHS.
- Heats will be run slow to fast.
- Top 8 finishers or relay teams in each event will receive medals.
- **Very** fast races will be set up in the boy's 2 mile, girl's 1600 and the boy's 800m. Last year, the US #1 and US #2 times were run(at that time) in the 2 mile.
- E-mail Kevin Kelly with any questions at KKelly1@wccsd.net. Please e-mail your intent to participate as soon as possible. We will limit the field to 30 complete teams. We will allow most quality individuals who submit their entries on time.

Our school, _____ High School will be sending...

- Boys team at \$100 _____ Relay Teams at \$15 per team
 Girls team at \$100 _____ Individuals at \$10 per individual

Boy's Coach: _____ Girl's Coach: _____

Phone: _____ Phone: _____

E-Mail: _____ E-Mail: _____