

HENDRICK HUDSON FIELD FEST

Wednesday, March 31

Hendrick Hudson High School

1 PM

Hendrick Hudson High School will be hosting a Field Event only meet on Wednesday, March 31, 2010 at 1 PM and would like to invite Section One schools (only) to attend.

All NY State and Federation rules will be in effect.

The purpose of this meet is to give field athletes and early season opportunity to post a good mark. THIS IS **NOT** A DEVELOPMENTAL MEET. ATHLETES **MUST** BE EXPERIENCED AT THEIR EVENT(S).

Schedule of Events:

1PM	Boys Pole Vault	Boys Shot Put	Boys Long Jump	Boys Javelin
	Girls High Jump	Girls Shot Put	Girls Long Jump	Girls Hammer
Followed by:	Boys High Jump	Boys Triple Jump	Boys Discus	
	Girls Pole Vault	Girls Triple Jump	Girls Discus	Girls Javelin
Followed by:	Boys Hammer			

We will use 2 horizontal jump pits, 2 shot circles and hopefully 2 discus/hammer cages. If entries warrant, we can use several javelin sectors.

Entry limitations: Athletes may compete in up to 4 events, **but** be mindful that events will occur simultaneously. Once an event is finished we will not wait for other athletes to show up. NO finals. Three attempts in all throws and the horizontal jumps. WE RECOMMEND 2 EVENTS PER ATHLETE.

Awards: Medals to top 5 in each event. MVT and MVJ (most valuable thrower and jumper) plaques to the “best” boy and girl in each category.

Cost: \$5 per event OR \$10 per athlete OR \$250 per school (boys and girls combined)

Entry Deadline: Tuesday, March 23, 2010

Make check payable to: Hendrick Hudson Track Club
c/o Marcia Bailey
Hendrick Hudson High School
2166 Albany Post Rd.
Montrose, NY 10548

Email: marcia.bailey@henhudschools.org
Cell #: 914-419-7928
FAX: 914-257-5181

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FIELD FEST
Wednesday, March 31
Hendrick Hudson High School
1 PM**

School _____

Coach _____

Phone _____

Total number of athletes attending:

_____ **boys** _____ **girls**

Total Entry Fee: _____

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