

KIRKWOOD TRACK CLUB



Invitational Sanction#
Saturday, June 5, 2010

LOCATION: Maplewood-Richmond Heights HS Track – 7539 Manchester Rd., St. Louis, MO 63143.

ENTRY FEES: \$9.00 per athlete entered by a club representative online at www.coacho.com by Thursday, June 3, 2010 10:00 p.m. No late registrations or modifications will be allowed past the registration deadline. The meet is open to clubs and unattached athletes. Fees must be paid online by the close of meet registration. No surcharge will be applied and a credit/debit card must be used. Credit/check cards can be purchased at many convenience stores.

ENTRY LIMITATIONS: Pee Wee, Primary, Bantam and Midget Divisions – 3 events. Youth through Young Divisions – 4 events. Athletes may enter only those events listed for his/her division and may enter only the division corresponding to his/her year of birth. Athletes who are still 18 as of August 7, 2010 may still compete.

AWARDS: Medals for 1st, 2nd & 3rd Place - Ribbons for 4th, 5th & 6th Place. All races are timed finals. Awards will be available following result postings. Pee Wee athletes will receive participation ribbons at the end of each event, but will not be timed.

ENTRIES: ALL ENTRIES MUST BE COMPLETED ONLINE BY THURSDAY, JUNE 3 AT 10:00 p.m. THIS IS AN AAU MEET; ALL ATHLETES MUST HAVE CURRENT AAU NUMBERS IN ORDER TO COMPETE.

MEET DIRECTORS: Chris Kuehnlein (chris@kuehnleinlaw.com); Mike Vaiana (mavaiana@charter.net)

GENERAL INFO: Coaches Meeting 7:45am. Track and field events begin at 8:00am.

All running events will be timed finals - no prelims or semis. Pee Wee events will not be timed nor placed but will be given ribbons at the end of the race or event.

Field events will be run in rounds – with 3 tries each, no finals. Pee Wee only 2 attempts. High Jump 3 misses per height.

Track events take priority over field events. All athletes must notify field event judge when leaving for a running event and must be ready to resume 10 minutes after completion of the running event.

This event is sanctioned by the Amateur Athletic Union of the U. S., Inc. All participants must have a current AAU membership. AAU membership may not be included as part of the entry fee to the event. AAU membership must be obtained before the competition begins. Participants are encouraged to visit the AAU web site www.ausports.org to obtain their membership.

EQUIPMENT: “House” throwing implements will be available. No spikes longer than 1/8” allowed on the track.

CONCESSIONS: A concession stand will be operated. **NO BBQ PITS ALLOWED ON THE PREMISES.**

DIRECTIONS TO MAPLEWOOD-RICHMONDS HEIGHTS HIGH SCHOOL:

From the North

Take Highway 270 Hwy 40, east on 40 to Hanley Rd, south on Hanley Rd to Manchester Rd, turn left, track is about ½ mile on left next to Maplewood swimming complex.

From the South

Take Highway 270 to Hwy 40 East to Hanley Rd. South on Hanley Rd to Manchester Rd, turn left, track is about ½ mile on left next to Maplewood swimming complex.

From the East or West

Take Highway 40 to Hanley Rd. South on Hanley Rd to Manchester Rd, turn left, track is about ½ mile on left next to Maplewood swimming complex.

Please remember MRH is a tobacco and alcohol free. No pets please.

“The Maplewood-Richmond Heights School District does not endorse the goals, objectives, activities or opinions of any non-sponsored clubs or their members, nor does the District encourage or discourage student participation therein.”

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RUNNING EVENTS – BEGIN 8:00AM

Timed Final	80 METER HURDLES	Midget
Timed Final	100/110 HURDLES	Youth thru Young Women/Men
Timed Final	3000M Run	Midget through Young Women/Men
Timed Final	100M Dash	Primary through Young Women/Men
Not Timed	100M Dash (backstretch of track)	Pee Wee girls then boys
Not Timed	50 M Dash (backstretch of track)	Pee Wee Girls then boys
Timed Final	1500 M Run	Bantam through Young Women/Men
Timed Final	400M Dash	Primary through Young Women/Men
Timed Final	1500M Race Walk	Bantam through Young Women/Men
Timed Final	200M Dash	Primary through Young Women/Men
Timed Final	800M Run	Bantam through Young Women/Men

- All running events will be timed finals, which includes the 100M Dash. Starting blocks will be available for the 100M, 200M & 400M Dash.
- Running Events will be run girls first, then boys, from youngest to oldest in each applicable division.
We reserve the right to run age groups and/or genders together in the 800 M run, 1500 M run and 3000 M run.

FIELD EVENTS – BEGIN 8:00AM

LONG JUMP – PIT 1

Pee Wee Girls
Primary Girls
Bantam Girls
Midget Girls
Youth Girls
Interm./Young Girls

LONG JUMP – PIT 2

Pee Wee Boys
Primary Boys
Bantam Boys
Midget Boys
Youth Boys
Interm./Young Men

HIGH JUMP

Bantam Girls
Bantam Boys
Midget Girls
Midget Boys
Youth Girls
Youth Boys
Interm./Young Women
Interm./Young Men

SHOT-PUT

Interm./Young Women
Interm./Young Men
Bantam Girls
Bantam Boys
Midget Girls
Midget Boys
Youth Girls
Youth Boys
Primary Girls/Boys

DISCUS

Midget Girls
Midget Boys
Youth Girls
Youth Boys
Interm./Young Women
Interm./Young Men

- Field events will be run in rounds - no finals. Shot Put and Discus 4 attempts. Long Jump 3 attempts – Pee Wee and Primary 2 attempts. High Jump 3 misses per height.

No spikes longer than 1/8" will be allowed on the track.

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LIST OF EVENTS

Pee Wee – (Born '04 and later) will receive a ribbon after the completion of each event – 50, 100 and LJ.

Primary Division (Born '02 and later)

100 meter dash
200 meter dash
400 meter dash
800 meter run
Shot put
Long Jump

Bantam Division (Born '00 - '01)

100 meter dash
200 meter dash
400 meter dash
800 meter run
1500 meter run
1500 meter race walk
Long Jump
High Jump
Shot Put (6lb)
Discus Throw

Midget Division (Born '98-'99)

80 meter hurdles
100 meter dash
200 meter dash
400 meter dash
800 meter run
1500 meter run
1500 meter race walk
3000 meter run
Long Jump
High Jump
Shot Put
Discus Throw

Youth Division (Born '96-'97)

100 meter hurdles
100 meter dash
200 meter dash
400 meter dash
800 meter run
1500 meter run
1500 meter race walk
3000 meter run
Long Jump
High Jump
Shot Put
Discus Throw

Intermediate (Born '94-'95) & Young Division (Born '92-'93)

100/110 meter hurdles
100 meter dash
200 meter dash
400 meter dash
800 meter run
1500 meter run
1500 meter race walk
3000 meter run
Long Jump
High Jump
Shot Put
Discus Throw

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80 meter hurdles



ATHLETE ENTRY SHEET

**PLEASE PRINT ALL INFORMATION AND RETURN TO YOUR COACH BY
JUNE 3, 2010**

NAME (FIRST, LAST) _____

AAU NUMBER (REQUIRED) _____

DATE OF BIRTH _____ M/F _____

**PLEASE ENTER ME IN THE FOLLOWING EVENTS (PEE WEE 6 AND UNDER – 3 EVENTS;
PRIMARY THRU MIDGET – 3 EVENTS; YOUTH THRU YOUNG WOMEN/MEN – 4 EVENTS.**

EVENT #1 _____

EVENT #2 _____

EVENT #3 _____

EVENT #4 _____

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UNATTACHED ATHLETES PLEASE REGISTER AT WWW.COACHO.COM.

TEAM MEMBERS – PLEASE RETURN YOUR SHEET TO YOUR COACH BY THE DATE LISTED ABOVE.