

YOUTH ALL-COMERS MEET



SPONSORED BY: PALESTINE & 365 TRACK CLUBS JUNE 11, 2011 MEET INFO

LOCATION: The meet will be held at Rockhurst High School located at 9301 State Line Road in Kansas City, MO 64114

TIME SCHEDULE: Registration will start at 6:45am with the first running event starting at 8:00am. All field events except the pole vault will start at 8:30am. The pole vault will begin at 10am.

SPIKES: Only 1/4" spikes or shorter will be allowed if spikes are worn. Spikes will be checked and spike rule will be enforced.

SHOTPUT AND DISCUS IMPLEMENTS: All shot put and discus implements used in competition will be either pooled from the competitors or provided by meet management.

AGE DIVISIONS: The age divisions will be determined by the grade the athlete was in the spring of the current year.

ENTRY FEE: \$15.00 per athlete for the meet (not per event). Those kindergarten and under athletes in the standing long jump, the candy 100 and the 4x50m relay will have a entry fee of \$3 to cover insurance. Relay will be formed at the meet. The athlete's entry fee will be paid at registration at the meet.

ENTRY DEADLINE: All athletes must be entered online at www.trackroster.com before midnight, Thursday, June 9th. Online entry will open on Friday, May 26, 2011. **ONLINE ENTRIES WILL CLOSE AT THAT TIME!**

YES-ATHLETICS CARDS: All athletes are encouraged to get a \$10 YES-Athletics membership. This card is not required but is encouraged.

WARM-UP AREA: Athletes may warm-up outside of the stadium.

AWARDS: Medals will be awarded to the top three in each event by grade.

SPECTATORS: Adults - \$3 per day. Ages 6 - 12 will be \$1. Coaches and athletes will be admitted free of charge.

CONCESSIONS: A concession area will be available at the meet.

MEET DIRECTORS: CB Cadenhead (816)985-2433 or David Ramsey (816)365-7938

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EVENT SCHEDULE**

Session One Events: 8:00 am

3000 M Run – Grades 5-12
100 M Dash – Prelims Grades 1-12
80 M Hurdles – Grades 5-6
100 M Hurdles – Grades 7-12 Girls & 7-8 Boys
110 M Hurdles – Grades 9-12 Boys
200 M Dash – Grades 1-12
M Run – Grades 3-12
100 M Candy Race – Kindergarten & Under
Mini Clinic – Racewalk, Javelin & Running Form

Session Two Events:

1500 M Racewalk – Grades 3-12
100 M Dash – Finals
200 M Hurdles – Grades 7-8
400 M Hurdles – Grades 9-12
400 M Dash – Grades 1-12
4 x 100 M Relay – Grades 1&2, 3&4, 5&6, 7&8, 9-12 1500
800 M Run – Grades 1-12
4 x 50 M Relay – Kindergarten & Under
4 x 400 M Relay – Grades 3&4, 5&6, 7&8, 9-12

***The only events with prelims will be the 100M Dash. All other races are finals against time.

ROLLING TIME SCHEDULE. THERE MAY BE A SHORT BREAK FOR A MINI T&F CLINIC BETWEEN SESSION 1 AND SESSION 2. THE LONG JUMP WILL CONTINUE DURING THIS BREAK. SOME DISTANCE RACES MAY BE COMBINED.

RACE ORDER: 1st Grade through 12th Grade. Girls first followed by boys.

False start rule allows one per contestant.

FIELD EVENTS – 8:30 am start

Shot put: Grades 1-12
Discus: Grades 5-12
High Jump: Grades 3-12
Long Jump: Grades 1-12
Triple Jump: Grades 7-12 (After the LJ)
Javelin: Grades 1-12 (The turbo javelin will be thrown by grades 1-6)
Standing Candy Long Jump: Kindergarten & Under after the LJ and TJ
Pole Vault: Grades 7-12 (**Begins at 10am**)

NOTE: It is the responsibility of the athlete/parent to understand that all field events will be run concurrently. The high jump will start promptly at 8:30am and use a progressive bar for all contestants. All other field events will be cafeteria style. It is our hope that all field events will be completed at 2pm. You must have checked in and taken at least one attempt in your event(s) by 11am. Each field event competitor will be allowed three jumps or throws.

EVENT LIMITATIONS: Athletes in grades 1-6 will be allowed to compete in three (3) events. Athletes in grades 7-12 will be allowed to compete in four (4) events.