

2009 Heartland Open & Masters Indoor Track & Field Meet

Presenting the Heartland Elite Men's Indoor Mile Championship \$700.00 Prize Purse



Sponsored by Heartland Athletic Services, Inc.

- Date:** Saturday March 21, 2009 (Field events 10am – Track events 12:30 pm)
Location: Johnson County Community College Indoor Track Fieldhouse
12345 College Blvd, Overland Park, KS 66210
- Entry:** **Individuals/relays:** ON-LINE registration ONLY using the following ASPI website
[2009 Heartland OPEN/MASTERS Online Registration](#)
Once entries are declared and completed, payment will be due. Entries and events may be changed or updated until you declare or up to the deadline date; at which point entries will be final and no changes will be allowed. Entry fees are non-refundable. **Mail a copy of your declared entry form and fees to: Heartland Athletic Services Inc., P.O. Box 30074, Kansas City, MO 64112.** (Make checks payable to Heartland Athletic Services, Inc.) **Postmarked by March 17, 2009. Online entry opens Feb 9, 2009 & Closes March 16, 2009**
- Entry Fee:** The entry fee is \$25.00 per athlete (unlimited events) and \$30.00 per relay.
- Awards:** Open (age groups – custom design medals – 1st to 6th place) 19-24 & 25-29
Masters (age groups – custom design medals – 1st to 6th place) 30-34 thru 75+
- Prize Purse** **Heartland Elite Men's Indoor Mile Championship**
1st - \$200, 2nd - \$150, 3rd - \$125, 4th - \$100, 5th - \$75, 6th - \$50
- Sanction:** Meet sanctioned by USA Track & Field
- Track:** 6 lane 200m Tartan rubber surface. HJ is the same. PV, LJ, TJ will be contested on black rubber roll out with painted take-off boards. SP will be thrown off of wooden rings.
- Spikes:** 3/16" or 1/4" pyramid spikes only (all shoes will be checked anyone with the wrong spikes will be asked to remove them. (Spiked shoes will not be allowed on the basketball floor warm-up area). You will be subject to disqualification.
- Implements:** Field events athletes will need to furnish their own implements (SP & PV).
- Warm-Up Area** Warm-up area will be located on the north side of the basketball courts. No spiked shoes allowed. Clerk/Check-in and hip numbers will be located outside the warm-up area entrance.
- Food & Drink** No food or drink (except water) will be allowed in Fieldhouse. You may eat or drink in the lobby and hallways but please don't bring it into the track area.
- Info:** Additional information contact Gilbert Castillo – 816-916-6379 or gscast@kc.rr.com
Visit www.heartlandathleticservices.com

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Tentative Meet Schedule

FIELD EVENTS

- 10:00 am** **Pole Vault** - Women & Men Combined
- Long Jump** - Women & Men Combined (4 attempts no finals)
- High Jump** - Women & Men Combined
- Shot Put** - Women & Men Combined (4 attempts no finals)
- Triple Jump** - Women & Men Combined (4 attempts no finals) to follow 20min. after completion of Long Jump

RUNNING EVENTS *(Rolling schedule)*

- 12:30 pm** **4 x 800m relay** - W then M Final
- Mile Race Walk** - W & M Final (W & M combined event)
- 60m Hurdles** - W then M Final (section timed finals - lanes 2-6)
- 60m Dash** - W then M Prelim (section timed finals)
- 400m Dash** - W then M Final (section timed finals - lanes 3 to 6)
- Mile Run** - W then M Final (section timed finals with 10 year age groups per section)
- Heartland Elite Men's Championship Mile** Final (section timed finals if needed)
- 3000m Race Walk** - W & M Final (W & M combined event)
- 200m Dash** - W then M Final (section timed finals - lanes 4 to 6)
- 800m Run** - W then M Final (section timed finals with 10 year age groups per section)
- 3,000m Run** - W & M Final (W & M combined event)
- 4 x 400m Relay** - W then M Final

Note: In some events, we may combine gender & age groups

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