



2010 Heartland All Comers Outdoor Track and Field Meet

Sponsored by HEARTLAND ATHLETIC SERVICES, INC

YOUTH DIVISION (AGES 6-18), OPEN DIVISION (AGES 19-29) & MASTERS DIVISION (AGES 30-75+)
USA Track & Field Sanctioned Meet

JUNE 5, 2010

Johnson County Community College Track Stadium
12345 College Blvd, Overland Park, KS 66210



Registration: www.heartlandathleticservices.com - Online Registration only

Registration opens May 10, 2010 and closes May 28, 2010

The HEARTLAND ALL COMERS MEET does not require a USATF or AAU membership to participate!

Entry Fees: Youth Division \$15.00 – Relays \$12.00
Open/Master Division \$30.00 – Relays \$20.00

Events: Youth Division – Ages 6-12 (limit to 3 events including relays)

Ages 6-7 and Ages 8-10: (Awards: 1st – 3rd places will receive medals & 4th – 6th places will receive ribbons)

4x100 relay	4x400 relay	100m Dash	200m Dash	400m Dash	800m Run	1500m Run	1600m RW	High Jump	Long Jump	Shot Put (6 lbs)	Mini Javelin (300g)
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Ages 11-12:

4x100 Relay	4x400 Relay	4x800 Relay	100m Dash	200m Dash	400m Dash	800m Run	1500m Run
3000m Run	1600m RW	80m Hurdles	High Jump	Long Jump	Shot Put (6 lbs)	Discus (1 kg)	Mini Javelin (300g)



Events: Youth Division – Ages 13-18 (limit to 4 events including relays)

Ages 13-14: (Awards: 1st – 3rd places will receive medals & 4th – 6th places will receive ribbons)

4x100 relay	4x400 relay	4x800 relay	100m Dash	200m Dash	400m Dash	800m Run	1500m Run
3000m Run	3000m RW	100m Hurdles (Boys 33" – Girls 30")			High Jump	Long Jump/Triple Jump	
Shot Put (Boys 4 kg – Girls 6 lbs)			Discus (1 kg)			Pole Vault	

Ages 15-16: (Awards: 1st – 3rd places will receive medals & 4th – 6th places will receive ribbons)

4x100 relay	4x400 relay	4x800 relay	100m Dash	200m Dash	400m Dash	800m Run	1500m Run
3000m Run	3000m RW	100m Hurdles (Girls 33")			110m Hurdles (Boys 39")	400m H (Boys 36" – Girls 30")	
High Jump	Long Jump	Triple Jump	Shot Put (Boys 12 lbs – Girls 4 kg)			Discus (Boys 1.6 kg – Girls 1 kg) Pole Vault	

Ages 17-18: (Awards: 1st – 3rd places will receive medals & 4th – 6th places will receive ribbons)

4x100 relay	4x400 relay	4x800 relay	100m Dash	200m Dash	400m Dash	800m Dash	1500m
3000m (Girls)	5000m (Boys)	3000m RW	100m Hurdles (Girls 33")		110m Hurdles (Boys 39")	400m H (Boys 36" – Girls 30")	
High Jump	Long Jump	Triple Jump	SP (Boys 12 lbs – Girls 4 kg)			Discus (Boys 1.6 kg – Girls 1 kg) Pole Vault	

Events: Open/Masters – Ages 19-75+ (limit to 5 events plus relays)

Ages 19-75+: (Awards: 1st – 3rd places will receive medals in 5 year age groups)

4x100 relay	4x400 relay	4x800 relay	100m Dash	200m Run	400m	800m	1500m
5000m	1600m RW	3000m RW	100m Hurdles (W)		110m Hurdles (M)	400m Hurdles (M)	
High Jump	Long Jump	Triple Jump	Shot Put	Discus	Pole Vault		

For Additional information, please contact Meet Director, Gilbert Castillo – 816-916-6379 cell – gscast@kc.rr.com



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Meet Information Guidelines

- Entry Deadline:** Online entries will open 8:00am May 10, 2010 and remain open until 11:59 PM Friday, May 28, 2010. **NO LATE ENTRIES WILL BE ACCEPTED.** Upon declaration of online registration, please mail your entry fee and postmarked by May 29th, 2010. **(ONLY ON-LINE REGISTRATIONS ACCEPTED – THERE WILL BE NO MEET DAY REGISTRATIONS)**
- Entry Procedure:** **Individuals/unattached relays:** Entries must be completed ON-LINE using the following ASPI link on Heartland Athletic Services website www.heartlandathleticservices.com 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. The entry fee charged will be calculated based on the number of athletes/relays and events entered. Entry fees are non-refundable. **Mail a copy of your declared entry 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 May 29, 2010**
Club Teams: Entries must be completed ON-LINE using the following ASPI link on Heartland Athletic Services website www.heartlandathleticservices.com Once entries are 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. The entry fee charged will be calculated based on the number of athletes/relays and events entered. Please do not enter anyone who does not intend to run. Entry Fees are non-refundable. **Mail a copy of your declared entry 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 May 29, 2010**
- Event Seeding:** Events will be seeded by entry marks. Enter a mark from the previous season in metric or imperial measurements (outdoor distances and marks will be accepted and converted if necessary). Meet Management will make every effort to seed the events properly. We reserve the right to throw out any marks deemed unrealistic and consider that athlete/relay team entered with no mark. Any athlete who is entered with no mark will be seeded at the bottom of the entry list; therefore, athletes must send in a true and accurate mark. **All heats and seeding of the events will be final once we have published the heat sheets.**
- Rules "USATF":** The USA Track & Field rules will apply.
- Spectator Info:** Spectators there is a limited number of seats (stands) at the JCCC track stadium. We encourage all spectators to bring their lawn chairs. There are no admissions fees to the meet.
- Participant Entry:** **Athletes:** Each Athlete will receive a **white wristband** in their packets, which will serve as their pass to participate in the meet, as well as proof that the entry fee has been paid. **Athletes must wear their wristband at all times!**
Club coaches/Club teams: Clubs/teams will receive 1 coach's pass (**red wristband**) per club

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Meet Information Guidelines

- Packet Pick-up:** Before entering the track stadium, locate the packet pick-up area and all athletes and club coaches may pick-up packets between 7:00am and 1:00pm on June 5th. First event starts at 8:30 am. See meet schedule on page 3.
- Warm-Up Area:** Athletes must warm-up in the assigned areas.
- Check-In:** The clerk of the course is located at the South end of the track near the starting area. Athletes must check-in 20 minutes before their event and will be escorted to the starting line. Field event athletes must check in with the Head Official of their event 30 minutes (60 minutes for PV) prior to the start of their event. **Athletes must present their wristbands at check in or they will not be allowed to compete.**
- Heat Sheets & Results:** Heat sheets and results will be available on-line. Heat sheets will be available on June 1st at www.heartlandathleticservices.com and paper copies will be available at packet pick-up on meet day. Results will be posted after each event in the results/awards area. Final results will be available 20-30 minutes after each final event is completed and they will also be posted on the website listed above the by midnight on June 5th.
- Awards:** The top 3 athletes and relay teams in each event will receive a medal. The 4th through 6th place athletes and relay teams in each event will receive ribbons. Athletes and relay teams may pick up their awards after the results have been posted at the awards area.
- Officials:** USATF certified officials will officiate the Heartland All Comers meet.
- Concessions:** **There will be NO concessions at the meet - Please bring your own FOOD and DRINKS (NO Glass containers allowed in the track stadium facility)**
- Implements:** Meet management will provide certified USATF mini javelin implements. Athletes must provide their own field event implements including vaulting poles.
- Equipment:** Athletes must use batons provided by the meet management. 1/4 or 1/8 inch spikes are allowed. Starting blocks will also be provided.
- Sanction:** Meet sanction by USA Track & Field

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2010 Heartland All Comers Schedule June 5th, 2010

**Johnson County Community College Track Stadium
12345 College Blvd, Overland Park, KS 66210**

TRACK EVENTS:

8:30 a.m.

3000m Run – Ages 11 – 13 combined

8:45 a.m.

1600m Racewalk – All divisions (youngest to oldest and some divisions maybe combined)

9:30 a.m. This is a rolling schedule

4 X 800m Relay – All ages (except ages 6-10) girls/women then boys/men with youngest to oldest

4 X 100m Relay – All ages girls/women then boys/men with youngest to oldest

1500m run – All ages girls/women then boys/men with youngest to oldest

400m dash – All ages girls/women then boys/men with youngest to oldest

100m dash – All ages girls/women then boys/men with youngest to oldest

3000m Racewalk – All (except ages 6-12) (youngest to oldest and some divisions maybe combined)

80m Hurdles – Ages 11-12 - girls then boys and Masters women then men

100m Hurdles – All ages (except ages 6-12) girls/women then boys/men with youngest to oldest

110m Hurdles – Ages 15-49 boys/ open/masters men

800m – All ages girls/women then boys/men with youngest to oldest (some divisions maybe combined)

200m – All ages girls/women then boys/men with youngest to oldest

5000m Run – Ages 17 - 75+ All runners combined

400m Hurdles – Ages 15-59 boys/ open/masters men

4 X 400m Relay – All ages girls/women then boys/men with youngest to oldest (some divisions maybe combined)

FIELD EVENTS:

9:00 a.m.

Long Jump – All ages (except ages 6-7) girls/women then boys/men with youngest to oldest

(3 jumps only)

High Jump – All ages (except ages 6-7) girls/women then boys/men with youngest to oldest

Shot Put – All ages (except ages 6-7) girls/women then boys/men with youngest to oldest

(3 throws only)

Mini-Javelin – Ages 6-12 girls/boys (3 throws only) Mini-Javelin will be provided.

Javelin – All ages (except ages 6-12) girls/women then boys/men with youngest to oldest (3 throws only).

You must provide your own Javelin

Triple Jump (follows LJ) – All ages (except ages 6-13) girls/women then boys/men with youngest to oldest

(3 jumps only)

10:00 a.m.

Pole Vault – All ages (except ages 6-12) girls/women then boys/men with youngest to oldest

Discus – All ages (except ages 6-10) girls/women then boys/men with youngest to oldest (3 throws only)

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