



2010 Heartland Open / Masters Indoor Track & Field Meet



**Presenting the Heartland Elite Men's Indoor Mile Championship
\$1,000.00 Prize Purse**



Sponsored by Heartland Athletic Services, Inc.

- Date:** Saturday March 13, 2010 (Field Events 1:00pm – Track Events 2:30 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
<http://www.aspimeetz.com/12810>
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 7, 2010. Online entry opens Feb 7, 2010 & Closes March 7, 2010
- Entry Fee:** The entry fee is \$25.00 per athlete (3 running & 2 field events limit) and \$30.00 per relay.
If you pay entry fee at meet, your fee is \$35.00 Packet Pick-up opens at 12noon
- 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 \$300, 2nd \$200, 3rd \$150, 4th \$100, 5th \$75, 6th \$75, 7th \$50, 8th \$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 indoor only & 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

- 1:00 pm** **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)*

- 2:30-3:00 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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