
Heartland Thursday Night Track Summer Series



Heartland Thursday Night Track (TNT) Summer Series - Meet Locations

- July 1 Johnson County Community College Track Stadium, Overland Park, KS**
- July 8 Park Hill High School Track Stadium, Kansas City, MO**
- July 15 Johnson County Community College Track Stadium, Overland Park**
- July 22 Fort Osage High School Track Stadium, Independence, MO**
- July 29 Park Hill High School Track Stadium, Kansas City, MO**

The Heartland Athletic Services and ETC Track Club programs present the 2nd annual Heartland “**Thursday Night Track**” (TNT) Summer Series: **Five** all-comers’ track meets where everyone has the opportunity to participate in a track & field meet. The **TNT** Summer Series is for individuals of all abilities and ages. The Heartland Youth Track Club and ETC Track Club will co-host the **TNT** Summer Series.

Each of the **TNT** series will offer 2 to 3 field events and 5 to 7 running events at each meet.

Dates: Thursday nights: July 1, 8, 15, 22, & 29

Time: Meets will start at 6:30pm with 50m dash; you must be registered by 6:20pm

Age Groups: Primary (ages 5 & 6), **SB** Sub-Bantam (ages 7 & 8) **Bantam** (ages 9 & 10), **Midget** (ages 11 & 12), **Youth** (ages 13 & 14) **Intermediate** (ages 15 & 16), **Senior** (ages 17 & 18), **Open** (ages 19-29) & **Masters** (30 to 75+)

Entry Fee: \$5.00 per individual event and \$5.00 per relay

Registration: All registration is conducted on the day of meet at the clerk tent. Event registration will take place at 1st call (15 min) before each event. Registration will open at 6pm.

Awards: Medals will be awarded to the top three finishers in each youth age group and Open & Masters 5 yr age groups

Running Events: All running events will be heats against time and will be **hand timed**

Field Events: All field events will offer **3 trials** (Turbo Javelin, Long Jump, Shot Put, & Discus)

Heartland Thursday Night Track Summer Series

July 1 Johnson County Community College (JCCC) Track Stadium

July 8 Park Hill High School Track Stadium

July 15 Johnson County Community College (JCCC) Track Stadium

July 22 Fort Osage High School Track Stadium

July 29 Park Hill High School Track Stadium

UPDATED (7/11/10) Schedule and order of events:

| July 1 JCCC | July 8 Park Hill HS | July 15 JCCC | July 22 Fort Osage HS | July 29 Park Hill HS |
|----------------|------------------------|-----------------|--------------------------|-------------------------|
| 50m | 50m | 50m | 50m | 50m |
| 800m | 800m | Mile | 800m | Mile |
| 4 x 100m | 4 x 100m | 4 x 100m | 4 x 100m | 100m |
| 400m | 400m | 400m | 400m | 400m |
| 100m | 100m | 100m | 100m | 4 x 100m |
| 1500m | 3000m | 800m | 3000m | 800m |
| 200m | 200m | 200m | 200m | 200m |
| Turbo Javelin | 4 x 400m | Turbo Javelin | Turbo Javelin | Turbo Javelin |
| Shot Put | Turbo Javelin | | | |
| | Long Jump | | | |

**Individual Events
& age groups**

- 50m = Primary (ages 5 & 6) **SB** Sub-Bantam (ages 7 & 8) **B**antam (ages 9 & 10)
- 100m = All Age Groups
- 200m = All Age Groups
- 400m = **SB** Sub-Bantam (ages 7 & 8) and above
- 800m = **SB** Sub-Bantam (ages 7 & 8) and above
- 1500m = **B**antam (ages 9 & 10) and above
- 3000m = **Y**outh (ages 13 & 14) and above
- 4 x 100m relay = All Age Groups
- 4 x 400m relay = **SB** Sub-Bantam (ages 7 & 8) and above
- Turbo Jav = Primary (ages 5 & 6) **SB** Sub-Bantam (ages 7 & 8) **B**antam (ages 9 & 10)
Midget (ages 11 & 12)
- Shot Put = **SB** Sub-Bantam (ages 7 & 8) and above
- Discus = Midget (ages 11 & 12) and above
- Long Jump = **SB** Sub-Bantam (ages 7 & 8) and above
- High Jump = **B**antam (ages 9 & 10) and above

Note: Ages and abilities will be grouped in similar races
 Contact information for TNT series: Gilbert Castillo, 816-916-6379 or
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