



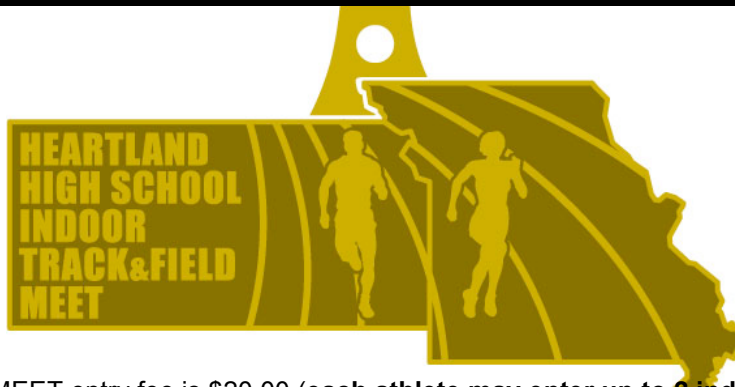
**3<sup>RD</sup> - Annual**  
**2011 Heartland Youth/ High School**  
**Indoor Track & Field Meet**

**Heartland Athletic Services, Inc.**

**Information Guide**

- Date:** January 8 & 9, 2011 (Saturday & Sunday) Meet start time: **9:00am each day**
- Location:** Johnson County Community College (JCCC) Indoor Track Fieldhouse, 12345 College Blvd, Overland Park, KS 66210
- Facility:** JCCC has a flat six lane 200-meter oval track with a six lane straightaway. The throwing sector for the SHOT PUT is plywood.
- Schedule:** See meet schedule (pg. 4) or visit [www.heartlandathleticservices.com](http://www.heartlandathleticservices.com) for an on-line schedule.
- Entry Deadline:** Entries will open 12:01am November 30<sup>th</sup>, 2010 and remain open until 11:59pm Sunday, January 2, 2011. **NO LATE ENTRIES WILL BE ACCEPTED.** Upon completion of online registration, you will need to mail your entry fee and postmarked **within 3 days of your registration.** (ONLY ON-LINE REGISTRATIONS ACCEPTED - NO MEET DAY REGISTRATIONS)
- Entry Procedure:** **Individuals/unattached relays:** Entries must be completed ON-LINE using the registration link on the Heartland Athletic Services website [www.heartlandathleticservices.com](http://www.heartlandathleticservices.com) Once entries are declared (reserved) and completed, payment will be due **within 3 days of your registration.** Entries and events may be changed or updated until you declare; at which point entries will be final and no changes will be allowed. The entry fee charges 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 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 within 3 days of your registration.**
- Club Teams:** Entries must be completed ON-LINE using the registration link on the Heartland Athletic Services website [www.heartlandathleticservices.com](http://www.heartlandathleticservices.com) Once entries are declared (reserved) and completed, payment will be due **within 3 days of your registration.** Entries and events may be changed or updated until you declare; at which point entries will be final and no changes will be allowed. The entry fee charges 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 within 3 days of your registration.**
- Meet/Event Limitations:** **This meet is for high school athletes grades 9<sup>th</sup> to 12<sup>th</sup> & youth athletes ages 5-13**

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**Entry Fee:** The MEET entry fee is \$20.00 (**each athlete may enter up to 2 individual events only**) and \$20.00 per relay. (To be part of a relay team the fee is \$20 meet fee + \$5 relay leg fee)

**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.

**Event Procedures:** **12 events for HS athletes & only 4 running events will be offered for youth ages 5-13**

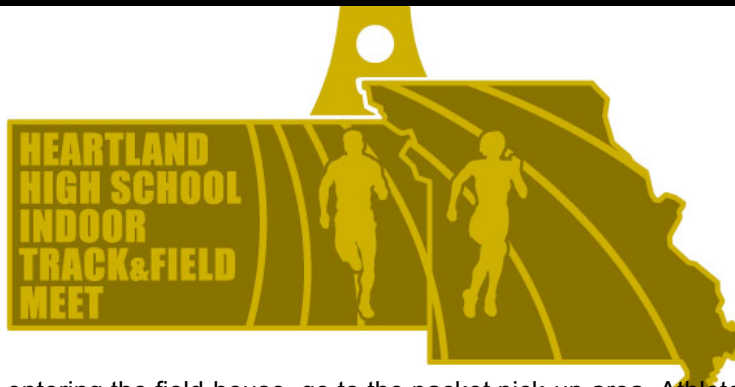
- DMR (4 x 4000):** Seeded heats against time with fastest heat seeded first
- 60 meter Dash:** Seeded heats against time with fastest heat seeded first & (Youth 5-13)
- 1600 meter Run:** Seeded heats against time with fastest heat seeded first
- 4 x 800 meter Relay:** Seeded heats against time with fastest heat seeded first
- 400 meter Dash:** Seeded heats against time with fastest heat seeded first & (Youth 8-13)
- 60mHH:** (Boys) Seeded heats against time with fastest heat seeded first
- 60mLH:** (Girls) Seeded heats against time with fastest heat seeded first
- 800 meter Run:** Seeded heats against time with fastest heat seeded first & (Youth 8-13)
- 200 meter Dash:** Seeded heats against time with fastest heat seeded first & (Youth 5-13)
- 3200 meter Run:** Seeded heats against time with fastest heat seeded first
- 4 x 400 meter Relay:** Seeded heats against time with fastest heat seeded first
- HJ, LJ, TJ, PV, & SP:** Trials and Finals

**Rules "National":** The National Federation of High School rules will apply. *This is not a NFSH sanctioned event.*  
**Rules "KS & MO":** Athletes and parents please review the MO and KS high school athlete eligibility rules. Please visit the following sites to review the rules. [www.mshsaa.org](http://www.mshsaa.org) & [www.kshsaa.org](http://www.kshsaa.org)  
A few of the most important rules: The applicable MSHSAA/KSHSAA rules state that with the exception of a coach coaching their own child, a MSHSAA/KSHSAA member school coach cannot coach any athlete they would coach during the upcoming T&F season in this meet. The students-athletes entered cannot represent their school and they cannot wear school owned uniforms. Finally, they cannot accept any cash or merchandize for participating in the meet.

**Memberships:** AAU or USATF memberships are not required for the "Heartland Youth/HS Indoor T&F Meet"

**Spectator Entry:** Spectators must enter through the NE front door of the JCCC field house. Admission is \$5.00 for adults, \$2.00 for children (5-12). Children under 4 are free. Spectator attendance is limited and available on first come first served basis. Spectator re-entry is allowed but is limited to the facility's maximum capacity. **No FOOD or DRINKS are allowed inside the track facility.**

**Participant Entry & Seating:** **Athletes:** Each Athlete will receive a **white wristband** in their packets which will serve as their pass to enter and exit the field-house, as well as proof that the entry fee has been paid. **Athletes must wear their wristband at all times!** Athletes must enter through the NE entrance of the field house. Athletes not competing must use the assigned areas in the center court of the track.  
**Club coaches/Club teams:** Clubs/teams will receive 1 coach's pass (**red wristband**) per club.



- Packet Pick-up:** Upon entering the field-house, go to the packet pick-up area. Athletes and club coaches may pick-up packets between 8:00am and 1:00pm both Jan 8<sup>th</sup> and Jan 9<sup>th</sup>. First event starts at 9:00am on both days. See meet schedule on page 4.
- Warm-Up Area:** Athletes must warm-up in the assigned area in the center court of the track. There may be additional warm-up areas at the discretion of the meet management or director. **NO SPIKES allowed in warm-up area.**
- Check-In:** The clerk of the course is located at the south end of the track near the shot put 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 January 7<sup>th</sup> at [www.heartlandathleticservices.com](http://www.heartlandathleticservices.com). Heat sheets will also be posted in the warm-up area. Results will be posted after each event in the results/awards area. Final results will be available 30 minutes after each final event is completed and they will also be posted on the website listed above the January 10<sup>th</sup>.
- Awards:** The top 3 athletes and relay teams in each event will receive a medal (The medal is pictured at the top of this page). Athletes and relay teams may pick up their awards after the results have been posted at the awards area. [\(Top 3 athletes in each event will receive a medal\)](#)
- T-Shirts:** Souvenir T-Shirts and additional meet merchandise will be available for sale at the meet only.
- Concessions:** **NO Concessions** will be available **(No FOOD or DRINKS are allowed inside the track facility)**
- Implements:** Meet management will provide certified high school shot put implements. Pole-vaulters will need to provide their own poles.
- Equipment:** Athletes must use batons and shot puts provided by the meet management. ¼ inch pyramid spikes are permitted (in track area only). **Please bring non-spiked shoes to use outside of the track and warm up areas.** Starting blocks are provided and can be used for the 60 meter Dash, 60 meter Hurdles, and 200/400 meter Dash only.
- Sanction:** This meet is sanction by USA Track & Field
- Officials:** The meet will be officiated by USA Track & Field certified officials

*If you have any questions, please contact Gilbert S. Castillo; Meet Director at 816-916-6379 or [gscast@kc.rr.com](mailto:gscast@kc.rr.com).*

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## 2011 Heartland Youth / High School Indoor Track & Field Meet Schedule

### Saturday January 8<sup>th</sup>

Field Events:	Athletes	SCHEDULE	
9:00am	HS Girls/Boys	Long Jump (3 attempts)	Finals
9:00am	HS Girls/Boys	Shot Put (3 attempts)	Finals
9:00am	HS Girls/Boys	High Jump	Finals
9:00am	HS Girls/Boys	Pole Vault	Finals
10:30am or completion of LJ	HS Girls/Boys	Triple Jump (3 attempts)	Finals

### Saturday January 8<sup>th</sup>

Running Events:	Athletes	SCHEDULE	
9:00am	Youth (ages 5-13)	60m Dash	Finals
11:30am or completion of TJ	Youth (ages 5-13)	200m Dash	Finals
12:30pm	Youth (ages 8-13)	400m Dash	Finals
1:30pm	Youth (ages 8-13)	800m Run	Finals
2:00 PM	HS Girls	DMR: 4 x 4000m (1200, 400, 800, 1600)	Finals
2:30 PM	HS Boys	DMR: 4 x 4000m (1200, 400, 800, 1600)	Finals

### Sunday January 9<sup>th</sup>

Running Events:	ROLLING SCHEDULE		
9:00am -----	Girls	4 x 800m relay	Finals
	Boys	4 x 800m relay	Finals
	Girls	60m LH (33") (Seeded heats against time)	Finals
	Boys	60m HH (39") (Seeded heats against time)	Finals
	Girls	1600m Run (Seeded heats against time)	Finals
	Boys	1600m Run (Seeded heats against time)	Finals
	Girls	60m Dash (Seeded heats against time)	Finals
	Boys	60m Dash (Seeded heats against time)	Finals
	Girls	400m Dash (Seeded heats against time)	Finals
	Boys	400m Dash (Seeded heats against time)	Finals
	Girls	800m Run (Seeded heats against time)	Finals
	Boys	800m Run (Seeded heats against time)	Finals
	Girls	200m Dash (Seeded heats against time)	Finals
	Boys	200m Dash (Seeded heats against time)	Finals
	Girls	3200m Run (Seeded heats against time)	Finals
	Boys	3200m Run (Seeded heats against time)	Finals
	Girls	4 x 400m Relay	Finals
	Boys	4 x 400m Relay	Finals

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**Lodging:** **Doubletree Hotel Overland Park-Corporate Woods**  
10100 College Boulevard, Overland Park, Kansas 66210-1462

Reservations Hotel Direct: 1-800-222-8733

Rate: \$69.00 per night plus tax (\$69.00 for Single, double, triple or quad rate)

Group code is: "HEARTLAND HIGH SCHOOL MEET"



## Directions to our Hotel

### *From Airport Directions:*

45 Miles. Kansas City Int'l Take I-29 North to I-435 South to I-435 East. Continue to Hwy. 69 South. Exit at College Blvd East Exit

- The hotel is on the left.

### *General Arrival Directions:*

From St. Joseph - I-29 South to I-435 South to I-435 East to 69 Highway South to College Blvd East Exit

- Hotel is on the left.

From Topeka - I-70 East to I-435 South to I-435 East to Hwy 69 South Exit at College Blvd East Exit

- Hotel is on the left

From Wichita - I-35 North to I-435 East to Hwy 69 South to College Blvd East Exit

- Hotel is on the left

From Lawrence - Hwy 10 East To I-435 East to Hwy 69 South to College Blvd East Exit

- Hotel is on the left

From Worlds of Fun, Royals Stadium - I-435 south to I-435 West to Hwy 69 South to College Blvd East Exit

- Hotel is on the left

Hotel is located 18 miles southwest of downtown Kansas City in Overland Park, KS. Approximately 20 minutes driving time. I-35 South to 69 South, exit 225B to College Blvd East

- Hotel is on the left

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