

2011 Heartland Thursday Nite Track Series (TNT)

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Heartland Thursday Night Track (TNT) Summer Series

~~June 16th - VAN HORN HIGH SCHOOL Track Stadium, Independence, MO~~

~~June 23rd - KANSAS CITY POLICE ACADEMY Track Stadium, Kansas City, MO~~

~~June 30th - VAN HORN HIGH SCHOOL Track Stadium, Independence, MO~~

~~July 14th - Johnson County Community College Track Stadium, Overland Park, KS~~

~~July 21st - Johnson County Community College Track Stadium, Overland Park, KS~~

The Heartland Athletic Services & the HEARTLAND YOUTH TRACK CLUB present the 3rd 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 Meets are for individuals of all abilities and ages from 5 to 75+. These are fun meets to introduce Track & Field to the youth athletes.

Each of the TNT series will offer 1 to 3 field events and 5 to 7 running events at each meet.

Dates: Thursday nights: June 16th, 23rd, 30th and July 14th, & 21st

Time: Meets will start at 6:30pm with the first event on the schedule and the schedule is a rolling schedule

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+ in 5 year age groups)

Entry Fee: \$5.00 per individual event and \$12.00 per relay. **Note: A RED wristband will be issued to each athlete to signify they have paid and entered the meet.**

Registration: All registration is conducted on the day of meet at the registration tent. **Event registration for the first two events (Mile & 400) will close at 6:15pm. Registration will open at 5:30pm.**

Awards: Medals will be awarded to the top three finishers in each youth age group and Open & Masters 5 yr age groups. **All awards must be picked-the day of the meet or by sending a self-addressed 5x7 envelope with \$1.50 postage and a \$5 handling fee. Mail to Heartland Athletics, PO Box 30074, KCMO, 64112**

Running Events: All running events will be heats against time and will be **hand timed**
No blocks for ages 14 and under.

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

Certified Officials: The TNT meets are officiated by USATF Certified Officials.

Note: No pets, frisbees, footballs and soccer balls allow in track stadiums.



2011 Heartland Thursday Nite Track Series (TNT)

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Schedule and order of events (Subject to change weekly)

| June 16 Van Horn HS | June 23 KC Police Academy | June 30 Van Horn HS | July 14 JCCC | July 21 JCCC |
|------------------------|--|------------------------|--|--|
| 50m | 50m | Mile | 4 x 100m | Mile You must register by 6:15pm for the Mile |
| 800m | 800m | 4 x 100m | 400m | 400m You must register by 6:15pm for the 400m |
| 4 x 100m | 4 x 100m | 50m | 100m | 100m You must register by 6:45pm for the 100m |
| 400m | 400m | 400m | 800m | 800m |
| 100m | 100m | 100m | 200m | 200m |
| 1500m | 3000m | 800m | | |
| 200m | 200m | 200m | | |
| Turbo Javelin | 4 x 400m | Turbo Javelin | Turbo Javelin / Javelin | Turbo Javelin / Javelin |
| Shot Put | Turbo Javelin | High Jump | Shot Put | Long Jump |
| High Jump | No Spikes or Blocks allowed at this TNT meet | Shot Put | Due to no lights at JCCC stadium we will offer less TNT events for this meet | Due to no lights at JCCC stadium we will offer less TNT events for this meet |

Individual Events & Age groups

50m = Primary (ages 5 & 6) **SB** Sub-Bantam (ages 7 & 8) **B**antam (ages 9 & 10) **M**idget (11-12)
 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/Mile = **SB** Sub-Bantam (ages 7 & 8) and above
 3000m = **M**idget (ages 11 & 12) and above
 4 x 100m relay = All Age Groups
 4 x 400m relay = **SB** Sub-Bantam (ages 7 & 8) and above
 Turbo Javelin = Primary (ages 5 & 6) **SB** Sub-Bantam (ages 7 & 8) **B**antam (ages 9 & 10) **M**idget (ages 11 & 12)
 Javelin = Youth (ages 13 & 14) and above
 Shot Put = **SB** Sub-Bantam (ages 7 & 8) and above
 Discus = **M**idget (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 & No blocks allowed for ages 14 and below.

The contact for the TNT series: Gilbert Castillo, 816-916-6379 or gscast@kc.rr.com