

YOUTH ALL-COMERS MEET



**MAY 21, 2011
MEET INFO**

LOCATION: The meet will be held at Santa Fe Trail High School located on Hwy 56 (24 miles West of Baldwin, KS). The exact address is 15701 S. California; Carbondale, KS 66414

TIME SCHEDULE: Registration will start at 7:30am with the first running event starting at 8:30am. Field events will start at 9:00am.

SPIKES: Only 1/4" spikes or shorter will be allowed if spikes are worn. Spikes will be checked and spike rule will be enforced.

SHOTPUT AND DISCUS IMPLEMENTS: All shot put and discus implements used in competition will be either pooled from the competitors or provided by meet management.

AGE DIVISIONS:

- 1st Grade – September 1, 2003 – August 31, 2004
- 2nd Grade – September 1, 2002 – August 31, 2003
- 3rd Grade – September 1, 2001 – August 31, 2002
- 4th Grade – September 1, 2000 – August 31, 2001
- 5th Grade – September 1, 1999 – August 31, 2000
- 6th Grade – September 1, 1998 – August 31, 1999
- 7th Grade – September 1, 1997 – August 31, 1998
- 8th Grade – September 1, 1996 – August 31, 1997

ENTRY FEE: \$15.00 per athlete for the meet (not per event). Those kindergarten and under athletes in the standing long jump, the candy 100 and the 4x50m relay will have a entry fee of \$3 to cover insurance. This relay can be formed at the meet. The athlete's entry fee will be paid at registration at the meet.

ENTRY DEADLINE: All athletes must be entered online at www.trackroster.com before midnight, Thursday, May 19th. Online entry will open on Wednesday, May 11, 2011. **ONLINE ENTRIES WILL CLOSE AT THAT TIME!**

YES-ATHLETICS CARDS: All athletes are encouraged to get a \$10 YES-Athletics membership.

WARM-UP AREA: Athletes may warm-up outside of the stadium.

AWARDS: Medals will be awarded to the top three in each event by grade.

SPECTATORS: Adults - \$3 per day. Ages 6 - 12 will be \$1. Coaches and athletes will be admitted free of charge.

CONCESSIONS: A concession area will be available at the meet.

MEET DIRECTOR: Coach David Ramsey (816)365-7938

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EVENT SCHEDULE

Session One Events: 8:30 am

3000 M Run – Grades 5-8
100 M Dash – Prelims Grades 1-8
80 M Hurdles – Grades 5-6
100 M Hurdles – Grades 7-8
200 M Dash – Grades 1-8
1500 M Run – Grades 3-8
100 M Candy Race – Kindergarten & Under

Session Two Events:

100 M Dash – Finals
200 M Hurdles – Grades 7-8
400 M Dash – Grades 1-8
4 x 100 M Relay – Grades 1&2, 3&4, 5&6, 7&8
800 M Run – Grades 1-8
4 x 50 M Relay – Kindergarten & Under
4 x 400 M Relay – Grades 3&4, 5&6, 7&8

***The only events with prelims will be the 100M Dash. All other races are finals against time.

ROLLING TIME SCHEDULE. THERE MAY BE A SHORT BREAK BETWEEN SESSION 1 AND SESSION 2. SOME DISTANCE RACES MAY BE COMBINED.

RACE ORDER: 1st Grade through 8th Grade. Girls first followed by boys.

False start rule allows one per contestant.

FIELD EVENTS - 9 am start

Shot put: Grades 1-8
Discus: Grades 5-8
High Jump: Grades 3-8
Long Jump: Grades 1-8 (The boys and girls will be at separate pits)
Triple Jump: Grades 7-8
Javelin: Grades 1-8 (The turbo javelin will be thrown by grades 1-6)
Standing Candy Long Jump: Kindergarten & Under

NOTE: It is the responsibility of the athlete/parent to understand that all field events will be run concurrently. The high jump will start promptly at 9am and use a progressive bar for all contestants. All other field events will be cafeteria style. It is our hope that all field events will be completed at noon. You must have checked in and taken at least one attempt in your event(s) by 11am. The standing long jump and triple jump will be contested when there is an open pit.

EVENT LIMITATIONS: Athletes in grades 1-6 will be allowed to compete in three (3) events. Athletes in 7th & 8th grades will be allowed to compete in four (4) events.

EVENT STANDARDS



THROWING IMPLEMENTS USED

<u>AGE DIVISION</u>	<u>SHOT PUT</u>	<u>DISCUS</u>	<u>JAVELIN</u>
1 st & 2 nd Grade (G) (B)	4 lbs	-----	Turbo
3 rd & 4 th Grade (G) (B)	6 lbs	-----	Turbo
5 th & 6 th Grade (G) (B)	6 lbs	1.0 kg (2 lbs 3 ¼ oz)	Turbo
7 th & 8 th Grade (G)	6 lbs	1.0 kg (2 lbs 3 ¼ oz)	600 grams
7 th & 8 th Grade (B)	4 kg	1.0 kg (2 lbs 3 ¼ oz)	600 grams
9 th – 12 th Grade (G)	4 kg	1.0 kg (2 lbs 3 ¼ oz)	600 grams
9 th – 12 th Grade (B)	12 lbs	1.6 kg (3 lbs 9 oz)	800 grams

OUTDOOR MEET HURDLE RACES

<u>EVENTS</u>	<u>AGE DIV</u>	<u># of HURDLES</u>	<u>HURDLE HEIGHT</u>	<u>TO 1st HURDLE</u>	<u>BETWEEN HURDLES</u>	<u>LAST HURDLE TO FINISH</u>
80m	5 th & 6 th Grade (G)	8	30"	12m	7.5m	15.5m
	5 th & 6 th Grade (B)	8	30"	12m	7.5m	15.5m
100m	7 th & 8 th Grade (G)	10	30"	13m	8.5m	10.5m
	7 th & 8 th Grade (B)	10	33"	13m	8.5m	10.5m
	9 th – 12 th Girls	10	33"	13m	8.5m	10.5m
110m	9 th – 12 th Boys	10	39"	13.72m	9.14m	14.02m
200m	7 th & 8 th Grade (G)	5	30"	20m	35m	40m
	7 th & 8 th Grade (B)	5	30"	20m	35m	40m
400m	9 th – 12 th Girls	10	30"	45m	35m	40m
400m	9 th – 12 th Boys	10	36"	45m	35m	40m