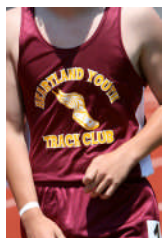


Heartland Athletic Services

Track & Field, Cross Country, Long Distance RR and Seminars

Serving the Youth, Open and Master Athletes in the Midwest



2010 Heartland High School Indoor Track & Field Meet "YOUTH RACES"



YOUTH DIVISION RACES:

Location: Johnson County Community College, 12345 College Blvd., Overland Park, KS 66210

Facility: Indoor Track Field-house Building Name "GYM"

Ages: 6-14 only

Races: 60m, 200m, 400, & 800m only

Entry FEE: \$15 per athlete (non-refundable)

Event Limit: 3 events per athlete

Date: Jan 16, 2010

Time: 2:30pm to 4:00pm

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. Anyone caught on the basketball floor in spiked shoes will be disqualified!)

Awards: Medals for 1st, 2nd & 3rd places per event

Note: All athletes will receive a participation award medallion

Events: 60m, 200m, 400m & 800m races only (no field events)

Schedule:

60m age groups timed sections (girls then boys)

200m age groups timed sections (girls then boys)

400m age groups timed sections (girls then boys)

800m age groups timed sections (girls then boys)

Note: (some age groups maybe grouped together)

Start time: First race (60m dash) starts at 2:30pm

Check in Time: 1:30pm for all races

Number of events per athlete: 3 events only (chosed from the 4 events offered)

Registration: (email only)

Send the following athlete registration information by email: gscast@kc.rr.com

Name, age, gender, date of birth, events (up to 3 events per athlete)

Payment: check and postmarked Friday, Jan 8, 2010

Mail your check (payable to Heartland Athletic Services) to Heartland Athletic Services, PO Box 30074, Kansas City, MO 64112

Once your check is received, the athlete(s) will be registered and declared for the meet.

Entry deadline Friday, Jan 8th, 2010

Thanks

Gilbert Castillo

Meet Director

gscast@kc.rr.com

Cell: 816-916-6379

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