

Excel Track and Field Meet

www.exceltrackclub.com

Date: Saturday, May 10, 2008
Location: North Carroll High School
1400 Panther Drive
Hampstead, MD 21074
Registration: 8:00am
Meet Starts: 9:00am
Entry Fee: \$5.00 per athlete
Age Groups: 7/8; 9/10; 11/12; 13/14; 15/16 –Age as of 12/31/08
Number of Events: 3 for 7/8 – 11/12 and 4 for 13/14
Awards: Top six will receive ribbons
Spikes: No spike nail can be longer than ¼”
Concessions: To be sold

Order of Events

Running Events:

3000m 11/12; 13/14
80m hurdles 8 @ 30” 11/12
100m hurdles 10 boys 33” girls 30” 13/14
50 m 6 and under
100m 7/8 - 13/14
800m 7/8 – 13/14
200m 7/8 – 13/14
4x100m relay 9/10 – 13/14
400m 7/8 – 13/14
1500m 9/10 – 13/14
4x400m relay 9/10 – 13/14

Field Events:

Shot Put: 9/10 - 13/14
Discus: 11/12; 13/14 may run in conjunction with the shot put
Long Jump:
 Green pit 13/14; 11/12
 Yellow pit 6 and under, 7/8; 9/10
High Jump 11/12; 9/10; 13/14

Any questions please contact Meet Director, Diane Hurd, @ 410/374-5618 or mhurd65@comcast.net