

**BLUE RIDGE EXPRESS**

**SPRING YOUTH TRACK MEET**

**SUNDAY APRIL 11<sup>TH</sup>**

BRUNSWICK HIGH SCHOOL  
BRUNSWICK, MD 21716

MEET DIRECTORS: LEE & ANNE ZUMBACH 301-834-8045

REGISTRATION: 11:00 AM - 12:30 PM  
1<sup>ST</sup> EVENTS CALL 1 PM

ENTRANCE FEE: \$5

THIS MEET IS OPEN TO ATHLETES 8<sup>TH</sup> GRADE AND UNDER ONLY

CONCESSIONS WILL NOT BE SOLD, PLEASE HAVE FAMILIES BRING A COOLER

AWARDS: PLACE RIBBONS 1-6 RELAYS 1-3

**ORDER OF EVENTS: AGE AS OF DECEMBER 31<sup>ST</sup> 2010**

50 METER DASH: 6 & UNDER ONLY

1500 METER RUN: 8 U, 9-10, 11-12, 13-14

100 METER DASH: 8U, 9-10, 11-12, 13-14

400 METER DASH: 8U, 9-10, 11-12, 13-14

200 METER DASH: 8U, 9-10, 11-12, 13-14

4 X 100 RELAY: 8U, 9-10, 11-12, 13-14

**FIELD EVENTS ORDER:**

LONG JUMP: 7-8, 6U, 9-10, 11-12, 13-14

*High*  
~~HIG~~ JUMP: 13-14, 11-12, 9-10

SHOT: 13-14, 11-12, 9-10

RESTROOM AVAILABLE

## SPECIAL NOTICE ON THIS MEET

1. This meet is an introductory meet to start the season with limited clubs invited and limited events.
2. While our club will have excellent helpers we usually have very few parents who have working knowledge of the rules of the field events and little experience in directing these events. We will need a volunteer to direct the 3 field events . In return I will offer distance timing help at your meet with our timing device.
3. We will put awards together after the meet. They will be brought to the next meet. Coaches can view the finish line sheets to pick up times and distances
4. This meet will take place rain or shine unless weather is sever.
5. Please explain the sticker registration system to your parents and athletes . Please try to have proper change at registration.
6. This meet is open to youth only. That means 8<sup>th</sup> grade and under. Please do not enter any athlete who is in high school or older than 15 as of Dec. 31<sup>st</sup> 2010.
7. Please explain the Age Group System to your parents. Please confirm the athletes age at your club registration and explain the concept of age as of Dec. 31<sup>st</sup> not Current Age.
8. CLUBS INVITED:

Brunswick, Middletown, Catocin, Lightning, Frederick Striders, Frederick Athletic Club, Excel, Howard County, Ribbon Breakers, Randelstown, any other Frederick County based club.

**Please do not spread word of this meet to any other club. We will not admit any other club regardless of the size of the club.**

Thanks for your help and cooperation. !