

Excel Track & Field Annual Meet

www.exceltrackclub.com

When: Saturday May 8, 2010
Location: North Carroll High School
Meet Director: Diane Hurd
Fee: \$5.00 per Athlete
Registration: 9:00 a.m.
Start Time: 10:00 a.m.
Coaches Meeting: 9:45 a.m.
Age Groups: Age Determined by December 31st
6 & under, 7/8, 9/10, 11/12, 13/14 and 15 and up
Event Maximums: 6 & under - two (2) events
7/8, 9/10 and 11/12 - three (3) events
13 and up - four (4) events
Concessions will be sold
Ribbons to top 6 finishers in each age group
Spikes no longer than 1/4"

All Events – Girls followed by boys

Running Events:

3000m	11/12, 13/14, 15 and up
80m Hurdles	11/12 (8 @ 30")
100m/110 Hurdles	13/14, 15 and up (10 @ 33" for boys @ 30" for girls)
50m	6 and under
100m	7/8, 9/10, 11/12, 13/14, 15 and up
400m	7/8, 9/10, 11/12, 13/14, 15 and up
1500m	7/8, 9/10, 11/12, 13/14, 15 and up
200m	7/8, 9/10, 11/12, 13/14, 15 and up
4 x 100m	7/8, 9/10, 11/12, 13/14, 15 and up
800m	7/8, 9/10, 11/12, 13/14, 15 and up
4 x 400m	7/8, 9/10, 11/12, 13/14, 15 and up

Field Events:

Shot Put	9/10, 11/12, 13/14, 15 and up
Discus	11/15, 13/14, 15 and up (shot put will be followed by discus)
Long Jump	Green Pit - 6 and under, 7/8, 9/10 Yellow Pit – 15 and up, 13/14, 11/12
High Jump	9/10, 11/12, 13/14, 15 and up

Any questions please contact Meet Director, Diane Hurd, @ 410-374-5618 or dhurd87@comcast.net

North Carroll High School –Home of the Panthers
1400 Panther Drive
Hampstead, MD 21074