

Frederick Striders Track and Field Invitational 2010

Date: Saturday, May 1, 2010

Location: Tuscarora High School
5312 Ballenger Creek Pike Frederick, MD 21703

Registration: 8:00 am Meet starts at 9:00 am

Entry Fee: \$5.00 per athlete

Age Groups: 6 & under, 7/8, 9/10, 11/12, 13/14, 15-18 Age determined as of Dec. 31, 2010

Number of Events per age group:

2 track & field events for 6 & under-the 50m dash and long jump

3 track & field events for 7/8 thru 11/12

4 track & field events for 13/14 and 15-18

Ribbons to the top six finishers in each event

No spikes longer than 1/8

Concessions will be sold

Order of Events girls followed by boys

Running Events

3000m run	13/14, 15-18
80m hurdles	11/12
100m hurdles	13/14
50m dash	6 & under
100m dash	7/8, 9/10, 11/12, 13/14, 15-18
400m run	7/8, 9/10, 11/12, 13/14, 15-18
1500m run	11/12, 13/14, 15-18
200m dash	7/8, 9/10, 11/12, 13/14, 15-18
4x100m relay	7/8, 9/10, 11/12, 13/14, 15-18
800m run	7/8, 9/10, 11/12, 13/14, 15-18
4x400m relay	7/8, 9/10, 11/12, 13/14, 15-18

Field Events

Long jump	6 & under, 7/8, 9/10, 11/12, 13/14, 15-18
Shot put	9/10, 11/12, 13/14, 15-18
Discus	15-18, 13/14, 11/12
High jump	15-18, 13/14, 11/12, 9/10