



**2011
27th ANNUAL
FIREBIRDS INVITATIONAL
TRACK MEET**

FIREBIRDS ATHLETICS CLUB
OF
MONTGOMERY COUNTY MARYLAND, INC.
Annual Invitational Track Meet

DATES:

Saturday May 28, 2011

Time:

Registration: 8:30 – 10:00 am

Events Start: 9:15 am

SITE:

Watkins Mill High School
10301 Apple Ridge Road
Gaithersburg, Maryland 20879

INFORMATION:

Gene Neal - Meet Director
240-793-2614
Kisha Harper – Co-Meet Director
240-876-2064
Corlis Clark – Administrative Contact
Email contact: cclark_06@verizon.net

INDIVIDUAL AWARDS:

1st through 6th place medals

AGE GROUPS:

Age determined as of December 31, 2011 for boys and girls.

(The age you will be on the date above)

Sub-Bantams (8 & under) _____ **Birth Year – 2001 or later**

Bantams (9 & 10) _____ **Birth Year – 1999 or 2000**

Midgets (11 & 12) _____ **Birth Year – 1997 or 1998**

Youth (13 & 14) _____ **Birth Year – 1995 or 1996**

Intermediate (15 & 16) _____ **Birth Year – 1993 or 1994**

Young Men & Women (17 & 18) _____ **Birth Year – 1991 or 1992**

Young Men and Women will also include 1990 birth year born on or after Aug.2nd.

DISQUALIFICATION:

Age violations will disqualify individuals and entire relay teams if any one of the team members is in violation. Age violations may also result in the entire Track Club being disqualified from the meet. Combining teams for relays will result in disqualifications of all parties involved.

FACILITIES:

Restrooms will be opened at 9:00 am

REFRESHMENTS:

Food and Drink will be available for purchase

PARTICIPATION LIMITATIONS:

Maximum of 3 events per person including relays for 12 and under; 4 events for 13 and up.

VIOLATION OF THIS RULE WILL RESULT IN FORFEITURE OF ALL AWARDS IN THE MEET. THIS APPLIES TO INDIVIDUALS AND POSSIBLY ENTIRE TEAMS. NO REFUNDS.

A maximum of 5 entrants per team in each age group (boys and girls) may enter the 200 and 400 Meter Dashes. Teams paying the maximum fee will be exempt. STRICT ENFORCEMENT. Additional relays will be an option to accommodate additional participant numbers.

MEET RULES AND REGULATIONS:

No bare feet or stocking feet. Shirts required. Maximum ¼” spikes. Supply your own starting blocks. Lane assignments will be by random drawing. Name/Club stickers will be required. **Teams must bring your own pre-filled out labels, but please be sure they are no larger than 3 ½” by 15/16”.** Sticker should include team and participant's name, age group and event.

Relay members must all have the same jersey or top.

OFFICIALS:

Additional help may be needed in Emergencies only. Your cooperation will be appreciated.

CLEAN UP:

Please bring trash bags to police your area before you leave, particularly the ones of you on the hillside and grass areas.

ENTRY FEE:

\$5.00 per individual. \$10.00 per relay. Team Maximum is \$450.00. Call to confirm participation with an estimate of the number of athletes attending. Call Corliss Clark at 301-346-1302 or email cclark_06@verizon.net.

*****PLEASE NOTE:**

1. Please adhere to the participation limits including relays.
2. Only 5 entrants per team in each age group and sex (male & female) will be allowed to enter the 200 and 400 Meter Run.

ORDER OF EVENTS AND AGES

RUNNING EVENTS:

1500 Meters	All Ages
100 Meter Semi-Finals	All Ages
3000 Meters	11 and Up
Sprint Hurdles	
80 Meter	11 – 12
100 Meter	13 – 14
100 Meter	15 – 18 girls
110 Meter	15 – 18 boys
50 Meters	6 & under
100 Meter Finals	All Ages
4X800 Meter Relay	11 and Up
400 Meter Timed-Finals	All Ages
200 Meter Timed Finals	All Ages
800 Meters	All Ages
4 X100 Meter Relay (Timed Finals)	All Ages
Parents/Coaches 4 x 100 Meter Relay (time permitting)	
4X400 Meter Relay	All Ages

FIELD

Long Jump	8 & under Up
High Jump	9 and Up
Shot Put	18 & Down
Discus	11/12 – Up
Turbo Javelin	8 – 12

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**FIREBIRDS INVITATIONAL TRACK MEET
MAY 28, 2011**

WAIVER

TEAM/INDIVIDUAL NAME:

In consideration of the acceptance of my entry, I for myself, my executors, my team, administrators and assignees, do hereby release and discharge the Firebirds Athletic Club, its officers and members, race officials, MCPS, Watkins Mill High School and anyone connected with the Firebirds Invitational Track Meet of all claims and damages arising out of my participation in this event, including but not limited to, contact with other participants, dehydration, and race conditions. I attest that my team is or I am physically fit to participate in this event, and understand that the race director reserves the right to reject my entry for any reason.

Signature _____

DIRECTIONS TO WATKINS MILL HIGH SCHOOL:

495 Capital Beltway to 270N towards Frederick
Merge onto I-270 Local N via Exit 10-11 toward MD 117
Take Exit 11 – Montgomery Village Avenue
Proceed onto Montgomery Village Avenue pass Lakeforest Mall
Continue 1.9 miles to Stedwick Road & turn left at the light
Proceed 1 block to Watkins Mill Road & turn right
Turn left at the light at Apple Ridge Road and school on the right
10301 Apple Ridge Road

Parking allowed in “designated” spots only. If the parking lot is full, you have to look for parking along Watkins Mill Road and Apple Ridge Road.