

# HOWARD COUNTY



## JUNIOR STRIDERS

### YOUTH TRACK AND FIELD MEET BY INVITATION ONLY

Date: Sunday May 16, 2010  
Location: Oakland Mills High School, 9410 Kilimanjaro Rd, Columbia, MD 21045  
(From the west – Take Rt. 70 East, take exit 87a and get on Rt. 29 South, take exit 20a and get on Rt. 175, at the second light turn right on Tamar Drive, in ½ mile turn right on Old Montgomery Road, in ¼ mile turn left on Oakland Mills Road, in ¼ mile turn right on Kilimanjaro Road, school will be on the right in about ½ mile)  
Registration: 12:00 p.m. - 1:00 p.m.  
Entry Fee: \$5.00 per athlete  
Meet Starts: 1:00 p.m.  
Age Groups: 6 & Under; 7/8; 9/10; 11/12; 13/14; 15/18

Age determined as of 12/31/10

Parents must write child's name on stickers for each event and club name (not Striders)

#### **Maximum # of Events:**

- (3) Track and field event for 6 & under (4x100 Relay, 50M run and Long Jump - ONLY),
- (3) For 7/8, 9/10, 11/12,
- (4) For 13/14, 15/18 (No Field Events for 15/18)

**Awards:** Ribbons for top 6 finishers in each event, given to Coaches at end of meet

**Concession:** Concessions will be sold

#### **Order of Events**

##### **Running Events:**

- |                 |                                      |
|-----------------|--------------------------------------|
| 1. 4x100 Relay: | 8 & under, 9/10, 11/12, 13/14, 15/18 |
| 2. 800 M run:   | 7/8, 9/10, 11/12, 13/14, 15/18       |
| 3. 50 M run:    | 6 & Under                            |
| 4. 100 M Dash   | 7/8, 9/10, 11/12, 13/14, 15/18       |
| 5. 1500 M Run:  | 7/8, 9/10, 11/12, 13/14, 15/18       |
| 6. 400 M Run:   | 7/8, 9/10, 11/12, 13/14, 15/18       |
| 7. 200 M Run:   | 7/8, 9/10, 11/12, 13/14, 15/18       |
| 8. 3000 M Run:  | 11/12 & 13/14 & 15/18                |

##### **Field Events:** (no 15/18 in field events)

- |               |                                     |
|---------------|-------------------------------------|
| 1. Shot Put:  | 7/8, 9/10, 11/12 & 13/14            |
| 2. Long Jump  | 6 & under, 13/14, 11/12, 9/10 & 7/8 |
| 3. High Jump: | 11/12, 13/14, 9/10                  |

**MEET DIRECTOR – PHIL LANG – COACHLANG@HOTMAIL.COM OR 443-745-6896**