

LIGHTNING RUNNING CLUB Youth Track & Field Meet

Date: **Sunday, April 25, 2010**. Registration starts at 11:30; Coaches Meeting at 12:15; Field Events start at 12:45; Track Events start at 1:00

Location: Linganore @ Oakdale High School 5850 Eaglehead Dr. Ijamsville, MD 21754

Entry Fee: \$5 per Athlete. \$5 per each Relay Team.

Event Limit (includes relay): Ages 6 and Under – TWO; Ages 13 and Up – FOUR; all others - THREE.

ORDER of EVENTS:

Track Events

200m Hurdles
3,000m Run
50m Dash
100m Dash (Semi-Final)
800m Run
80m/100m/110m Hurdles
RELAY – Sprint Medley (400/200/200/800)
400m Dash
100m Dash FINAL
1,500m Run
200m Dash

Order of Age Groups (as of 12/31/10)

13/14
11/12, 13/14, 15/16, 17/18
6 and Under
7/8, 9/10, 11/12, 13/14, 15/16, 17/18
7/8, 9/10, 11/12, 13/14, 15/16, 17/18
11/12, 13/14, 15/16, 17/18
7/8, 9/10, 11/12, 13/14, 15/16, 17/18
7/8, 9/10, 11/12, 13/14, 15/16, 17/18
7/8, 9/10, 11/12, 13/14, 15/16, 17/18
9/10, 11/12, 13/14, 15/16, 17/18
7/8, 9/10, 11/12, 13/14, 15/16, 17/18

Jumping Events

Long Jump – Pit A (3 attempts)
Long Jump – Pit B (3 attempts)
High Jump

Order of Age Groups (as of 12/31/10)

6U, 7/8, 15/16, 17/18
9/10, 11/12, 13/14
17/18, 15/16, 13/14, 11/12, 9/10

Throwing Events

Shot Put (3 attempts)
Discus (follows Shot Put) (3 attempts)
Turbo Javelin (3 attempts)

Order of Age Groups (as of 12/31/10)

7/8, 9/10, 11/12, 13/14, 15/16, 17/18
11/12, 13/14, 15/16, 17/18
11/12, 9/10, 7/8

NOTES: Starting Blocks will be allowed for Finals Only. Please provide your own.

Age Group and Gender heats may be combined, depending upon time and number of competitors.

Awards: Medals for top 3 finishers; ribbons for 4th thru 6th. Participant ribbons for all 6&U competitors.

INFIELD IS OFF-LIMITS, except for Athletes, Coaches and Officials. All non-competitors must stay outside the fence surrounding the track.

Concessions will be offered for sale.

DIRECTIONS: From the East: WB I-70 to exit #59. Go straight on exit ramp to stop sign at Meadow Rd. Turn right. Then turn left onto EB Route 144, towards New Market. Go about a mile to traffic circle and school entrance. ***From the South:*** From I-270 and Route 80 (Fingerboard Rd), take EB Route 80 approx. 2.5 miles, then turn north onto Ijamsville Rd. Continue on this winding road (which will become Mussetter Rd at RR crossing) for 3.8 miles where it will cross over I-70. Turn left at traffic signal onto WB Route 144 (Old National Pike). Go 3/4 mile to traffic circle and school entrance. ***From the West:*** EB I-70 towards Baltimore, to exit #56. Turn left at light onto EB Route 144 (Old National Pike). Proceed on EB Route 144 about 3 miles, then turn left to go under I-70. Continue on EB Route 144. Go up hill about a mile to traffic circle and school entrance.

Meet Director: Bill Gerhold (301-607-6721), billygmd@aol.com