



DUPAGE TRACK CLUB **YOUTH TRACK AND FIELD INVITATIONAL**

****SATURDAY, JULY 24th, 2010****

Host: DuPage Track Club

Sanction: USATF Illinois

Time Schedule:

9:30 a.m. – Running Events (**Note time**)

10:00 a.m. – Field Events

Site: Lake Park East Campus High School - On the corner of Irving Park and Medinah Road in Roselle, IL. The address is 600 S. Medinah Road, Roselle, IL.

Directions from the West: Take I-88 East to 355 North. Get off on the Lake Street exit and turn left. Take a right on Medinah road off Lake Street and arrive at school on left after a mile. The school is across the street from the Medinah Golf Course. The track is in the back.

Directions from the East: Take 290 West to 355 South/Lake Street Exit. Get off on the Lake Street exit and turn right. Take a right on Medinah road off Lake Street and arrive at school on left after a mile. The school is across the street from the Medinah Golf Course. The track is in the back.

Parking: The track is in the back. You can park in the main parking lot in front, the back parking lot behind the school or the parking lot on the south side of the school. **Parking in the church parking lot is prohibited.**

Facility: The track is an 8-lane all-weather track, with all-weather track jumping areas. 1/4" or smaller spikes may be worn on the track. Shot and discus rings are concrete. Starting blocks will be provided. Tent areas will be allowed outside of the fence or track area. Spectators should bring lawn chairs for field events since seating is limited. **No one is to be inside the track on the soccer field.**

Concessions: Full concessions will be open during the meet.

Pre-registration Entry Fee: \$10.00 per athlete (NOT per event) Follow USATF rules regarding # of events for each age division. Pre-registered entries may be e-mailed to tkaberna@hotmail.com by midnight on Thursday, July 22. **Please copy the sheet at the bottom of this document, paste it to a new word document, fill it out and email it to me to register. Payment may be made to Dupage Track Club the morning of the meet.**

Late Entry Fees: \$25.00 per athlete for all registrations on meet day – **NO EXCEPTIONS.**

Late entries will be accepted on the day of the meet until 9:00 a.m. We will not reseed events for the late entrants.

Timing: Hand Timing will be used.

Check-In: A packet for coaches will be available at check-in. A coach or team representative is responsible for packet pick-up. We will use different colored wristbands to ensure athletes have registered and are in the correct races. If you do not have a wristband on, you may not compete.

Awards: Individual: Medallion to first; ribbons for second through sixth.
Relays: Medallion to first; ribbons for second and third.

Proof of Age: Every athlete, if challenged, must present valid proof of age. If a coach knowingly allows an athlete to compete, and/or an athlete knowingly enters him or herself, in an age division younger than allowed, either or both will be subjected to USA Track & Field suspension or expulsion.

Scoring: No team scores will be kept at this meet.

Moving Up: All youth competitors may move up one division for any or all events competed on that day. Athletes may not move up in the same event in which they have already competed in the younger division.

Cancellations: Once the meet is started there will be no refunds. All divisions will compete and no event will be cancelled unless there is lightning.

Age Determination: Age divisions determined by birthday.

Hammer Throw: We will not be able to contest hammer throw as our cage is not setup for that event.

AGE GROUPS AND EVENTS

A team member runs in the age group which is determined by their age as of December 31 of that year.

Same as USATF. The Age Groups are:

02-03 Pee Wee - 3 Events Maximum

00-01 Bantam - 3 Events Maximum

98-99 Midget - 3 Events Maximum

96-97 Youth - 4 Events Maximum

94-95 Intermediate - 4 Events Maximum

92-93 Young - 4 Events Maximum

91 can compete as long as they just graduated high school this year

DUPAGE	1	2	4	8	1	3	8	1	1	T	L	S	D	H	J	M	P	4	4	4
INVITATIONAL	0	0	0	0	5	0	0	0	1	J	J	P	I	J	T	J	V	X	X	X
07/24/2010	0	0	0	0	0	0	H	0	0				S			A	L	1	4	8
"X" denotes events in each age group					0	0		H	H				C			V	T	0	0	0
Pee Wee (2002-03)	X	X	X	X							X									
Bantam (2000-2001)	X	X	X	X	X						X	X		X		X		X	X	
Midget (1998-99)	X	X	X	X	X	X	X				X	X	X	X		X		X	X	X
Youth (1996-97)	X	X	X	X	X	X		X		X	X	X	X	X	X		X	X	X	X
Intermediate Girls (1994-95)	X	X	X	X	X	X		X		X	X	X	X	X	X		X	X	X	X
Intermediate Boys (1994-95)	X	X	X	X	X	X			X	X	X	X	X	X	X		X	X	X	X
Young Women (1991-93)	X	X	X	X	X	X		X		X	X	X	X	X	X		X	X	X	X
Young Men (1991-93)	X	X	X	X	X	X			X	X	X	X	X	X	X		X	X	X	X

Further info/Send Legible Entries to

Dupage Track Club c/o Tom Kaberna, tkaberna@hotmail.com

Phone: (630) 217-8743

DUPAGE TRACK CLUB YOUTH INVITATIONAL SATURDAY 7-24-10

ORDER OF EVENTS

Field Events- 10:00am start

Long Jump (youngest to oldest)
Triple Jump (follows Long Jump)
High Jump (youngest to oldest)
Pole Vault (youngest to oldest)
Shot Put (youngest to oldest)
Discus (oldest to youngest)
Mini Jav/Javelin (youngest to oldest)

**Each horizontal jump and throw will get four attempts
**We will have two pits running for Long Jump and Triple Jump

Running Events- 9:30am start

4x800 Relay
Hurdles - 80M - MG, MB 100M - YG, YB, IG, YW 110M - IB, YM
3000M Run
100M Dash
800M Run
4x100 Relay
400M Run
1500M Run
200M Dash
4x400 Relay

**We will only have finals for the 100m dash if more than 8 competitors show
**All running events will be run youngest to oldest: girls then boys
**Dupage Track Club reserves the right to make changes

Coaches' signature

Date

Dupage Track Club Youth Invitational

July 24th, 2010

Individual Entry Form (Make copies as needed)

Name _____

Address _____ Phone _____

City _____ State _____ Zip _____ E-mail _____

Last Name/First Name	Sex	Division	Birthdate	Event 1	Event 2	Event 3	Event 4

-Waiver/Release-

I do hereby, for myself, my heirs, executors and assigns, waive and release any and all rights and claims for damages which I may hereafter accrue to me against the Dupage Track Club and club coaches, School District #108 or Lake Park High School or sponsors. I attest and certify that I (my child or ward) is/am physically fit to participate in these events. Please have parent/guardian sign if under 18 years of age.

Athletes' signature

Date

Parents'/Guardians' signature

Date