

# ROCKFORD F.I.R.E. TRACK & FIELD



**3rd Annual 2011 USATF F.I.R.E. Invitational**



**SATURDAY, JULY 16, 2011—ALL DIVISIONS**

*Guilford HS 5620 Spring Creek Rd, Rockford. Compete against the best in northern Illinois!*



**rockfordparkdistrict.org**

**815-987-8800 (TTY, 888-871-6171)**

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## 3RD ANNUAL USATF F.I.R.E. Invitational

The F.I.R.E. purpose is to engage young people ages 5-18 in a positive experience and use track and field to promote recreation, education, leadership, community service and self-esteem. The program offers participation for the beginner, intermediate, and advanced level athletes.

### MEET INFORMATION:

**When:** Saturday, July 16, 2011 — 8:00 All Divisions

**Where:** Rockford Guilford High School | 5620 Spring Creek Rd. | Rockford, IL 61114

**Meet Director:** Lamont Jones | Phone 815-962-7469 | email: [lamontjones@rockfordparkdistrict.org](mailto:lamontjones@rockfordparkdistrict.org)

- Eligibility:** This meet is open to any USATF members, and non USATF members that fall within the age divisions listed below. However, for membership registration information, please visit the USATF web site at [www.usatf.org](http://www.usatf.org).
- Entry Fees:** \$5.00 per event. No fees will be refunded. Entry will not be processed unless entry fee is paid by deadline. **NO RACE DAY REGISTRATIONS OR CHANGES WILL BE ACCEPTED; NO REFUNDS WILL BE GIVEN.**
- Entry Process:** All athletes/teams (including relay team members and alternates) must utilize the Coach O online entry process via [www.coacho.com](http://www.coacho.com). This will permit a very efficient registration process that is easy to use. Registration will begin on Monday May 9, 2011. Teams will have until 11pm CDT Thursday, July 13, 2011 to complete registration.

*After registering online, teams will receive a receipt from the web site which will produce a list of all athletes registered for the meet. This receipt should be used as your transcript of your meet entries. If your athletes do not appear on the confirmation, they are not registered for the meet. Relay Team members must also be registered. Please take care of these issues prior to arriving at the meet. No registration issues will be handled at the meet. Please address all issues prior to your arrival on July 16th, 2011.*

**NOTE:** You must also bring proof of age, USATF memberships are not required, but are encouraged.

**Event Eligibility:** Three (3) events including relay for Primary, Bantam, Midget; four (4) events including relay for Youth, Intermediate & Young Men/Women. NOTE: entry in a relay, either as a primary or an alternate member, will be considered an entry for the purpose of this rule. If an athlete is entered into too many events, meet management reserves the right to reject the athlete from one or more events without notification.

**Packet Pick-Up:** Packets can be picked up starting at 7:30 AM at the field, Saturday, July 16, 2011.

**Volunteer Check-in:** All volunteers that have completed FIRE Track & Field Meet Training will be assigned to this event. Please report to the track at 7:00 a.m., Saturday, July 16, 2011 for assignments. Please contact Lamont Jones at 815-962-7469 for volunteer assignments and information.

**Age Divisions:** The program is divided into eight (8) divisions for boys and girls. The athlete's year of birth shall determine the division in which the athlete shall compete.

*NOTE: The breakdown of age divisions are as follows:*

	100	200	400	800	1500	1500RW	80H	100H
<b>AGE DIVISION</b>								
SUB BANTAM (2003 or later)	X	X	X					
BANTAM (2001-2002)	X	X	X	X	X	X		
MIDGET (1999-2000)	X	X	X	X	X	X	X	
YOUTH (1997-1998)	X	X	X	X	X	X		X
INTERMEDIATE GIRLS (1995-1996)	X	X	X	X	X	X		X
INTERMEDIATE BOYS (1995-1996)	X	X	X	X	X	X		
YOUNG WOMEN (1992-1994)	X	X	X	X	X	X		X
YOUNG MEN (1992-1994)	X	X	X	X	X	X		
	LJ	SP	DT	HJ	4 X 100	4 X 400		
<b>AGE DIVISION</b>								
SUB BANTAM (2003 or later)	X				X			
BANTAM (2001-2002)	X	X		X	X	X		
MIDGET (1999-2000)	X	X	X	X	X	X		
YOUTH (1997-1998)	X	X	X	X	X	X		
INTERMEDIATE GIRLS (1995-1996)	X	X	X	X	X	X		
INTERMEDIATE BOYS (1995-1996)	X	X	X	X	X	X		
YOUNG WOMEN (1992-1994)	X	X	X	X	X	X		
YOUNG MEN (1992-1994)	X	X	X	X	X	X		

**NOTE:** There will be no moving up in age division; you must compete in your age division. Athletes born in 1991 are also eligible if they do not turn 19 on or before 7/16/2011.

**Relays** Relays are conducted in combined age divisions: 8, 9 & 10, 11 & 12, 13 & 14, 15 & 16, and 17 & 18

**Equipment:** Please bring your own shots, and discus. Starting blocks will be available.

**Facilities:** Eight (8) lane all weather track, 1/4" spikes limit. Restrooms are available, but no dressing facilities will be available. Full concessions will be available. Fully automatic timing and results will be done by AdkinsTrak Timing Associates using Finishlynx Cameras interfaced with Hy-Tek Meet Manager.

**Admissions:** \$5 Per Person, Children, ages 5 and under are free. Only those coaches who present their 2011 coaches membership and athletes will be admitted free (limit four).

**AWARDS:** **Individuals: 1st through 3rd - Medals**      **Relay Teams: 1st through 3rd – Medals**



## **F.I.R.E. Track & Field Invitational**

Saturday, July 16, 2011 — All Divisions

### **MEDICAL WAIVER AND RELEASE OF LIABILITY TRACK & FIELD EVENT WAIVER AND RELEASE IMPORTANT INFORMATION**

The Rockford Park District is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. The Rockford Park District continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of minors registering for this activity must recognize that there is an inherent risk of injury when choosing to participate in any track and field event.

You are solely responsible for determining if you or your minor child/ward are physically fit and/or adequately skilled for track and field participation. It is always advisable, especially if the participant is pregnant, disabled in any way or recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity. You are also solely responsible for selecting and wearing personal protective equipment.

When training, be aware of excessive workouts and your technique and speed. Injuries from overexertion often occur when participants go beyond the training program recommended for them. Before any event or practice, warm-up by jogging, stretching, and short sprints. Always warm down and slow your pulse rate back to normal before showering.

When training for distance running in urban areas, be alert for vehicle traffic and, if training during evening hours, always wear a retro-reflective safety vest. Ensure that jumping pits are well maintained and that runways are clear of debris. Ensure that the areas used for throwing events are clear of people – never assume that others can see that you are training.

Drink liquids before, during, and after workouts to prevent heat exhaustion. If you receive an injury, no matter how minor, report it to your trainer or physician. If not treated properly, minor injuries can often result in problems later on.

### **WARNING OF RISK:**

Track and field activities are intended to challenge and engage the physical, mental and emotional resources of each participant. However, despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury, including death. Understandably, not all hazards and dangers can be foreseen. Certain risks include injuries arising out of overexertion, dehydration, poor warm-up and warm-down procedures, poor preparation of track surface or field event area, lack of good physical conditioning, improper or poor techniques, collisions with equipment, heat exhaustion, fatigue, slip and falls, collisions with other participants, the effects of weather, poor training technique, and all other circumstances inherent in track and field events. In this regard, it must be recognized that it is impossible for the Rockford Park District to guarantee absolute safety.



**WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK**

Please read this form carefully and be aware that in signing up and participating in this activity, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with track and field events.

I recognize and acknowledge that there are certain risks of physical injury to participants in track and field events, and I voluntarily agree to assume the full risk of any injuries, damages or loss, regardless of severity that my minor child/ward or I may sustain as a result of participating in any and all activities connected with or associated with these activities. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in these activities against the Rockford Park District, including its respective officials, agents, volunteers and employees (hereinafter collectively referred as "Parties"). I grant full permission to use photo/records of these events. I grant permission for emergency medical treatment for my son/daughter by competent medical personnel on the indicated date.

I do hereby fully release and forever discharge the Parties from any and all claims for injuries, damages or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with these activities.

**Athlete:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**Team:** \_\_\_\_\_

**Athlete Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

*Waiver/Medical Statement must be signed and brought to the meet and provided at packet pick up!*

# F.I.R.E. Track & Field Invitational

Saturday, July 16, 2011— All Divisions

## ORDER OF EVENTS:

Youngest to Oldest - Girls First

**Note:** All events will be run as timed finals (TF); all athletes must report to check-in when event call is announced. All events will run youngest to oldest. Girls will run first in each event/division.

## DIVISION KEY:

SBG=Sub Bantam Girls	MG=Midget Girls	IG=Intermediate Girls
SBB=Sub Bantam Boys	MB=Midget Boys	IB=Intermediate Boys
BG=Bantam Girls	YW=Young Women	YG=Youth Girls
BB=Bantam Boys	YM=Young Men	YB=Youth Boys

## 8:30 A.M., FIELD EVENTS BEGIN

LONG JUMP	ALL DIVISIONS
HIGH JUMP	BG, BB, MG, MB, YG, YB, IG, IB, YW & YM
SHOT PUT	BG, BB, MG, MB, YG, YB, IG, IB, YW & YM
DISCUS	BG, BB, MG, MB, YG, YB, IG, IB, YW & YM

## 9:00A.M., RUNNING EVENTS BEGIN

9:00	1500M	ALL DIVISIONS
9:30	100M	ALL DIVISIONS
10:30	110H	YG, YB, IG, IB, YW & YM
	100H	YG, YB, IG, IB, YW & YM
	80H	MG, MB
11:30	200M	ALL DIVISIONS
12:30	800M	BG, BB, MG, MB, YG, YB, IG, IB, YW & YM
	400M	ALL DIVISIONS
1:00	4X100 RELAY	ALL DIVISIONS
	4X400 RELAY	BG, BB, MG, MB, YG, YB, IG, IB, YW & YM

## SEVERE WEATHER Postponement/Cancellation:

The Rockford Park District Youth Sports Coordinator and/or Deputy Director will have the authority to suspend or cancel the meet. Whenever lightning is observed or thunder audible, all outdoor activities will be suspended for a minimum of 30 minutes. Programming decisions will be made based on the health and safety of our participants.

In the event of severe weather that will require immediate shelter, Guilford High School will serve as the emergency shelter site.

If meet is cancelled due to severe weather, there will be no make-up date or refunds.



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### RELAY DECLARATION FORM

1. Throwing the baton following the finish of any relay will cause the relay team to be automatically disqualified from the event.

DISTANCE: 4X \_\_\_\_\_ SEX: \_\_\_\_\_ DIVISION: \_\_\_\_\_

CLUB NAME: \_\_\_\_\_ AAU/USATF CLUB #: \_\_\_\_\_

COACH: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

### MEMBERS

1. \_\_\_\_\_

5. \_\_\_\_\_

2. \_\_\_\_\_

6. \_\_\_\_\_

3. \_\_\_\_\_

7. \_\_\_\_\_

4. \_\_\_\_\_

8. \_\_\_\_\_

I certify that all listed athletes comply with the rules and are in compliance with their age division. I am aware that to be properly entered, each must file an individual entry form and specify their entry for this relay event. I also understand that if they are not entered on an individual entry form, they will not be allowed to participate. To compete in the relay, each must be listed on the Relay Declaration Form. I certify that no alterations will be made to this form.

SIGNATURE: \_\_\_\_\_

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