



DUPAGE TRACK CLUB **YOUTH TRACK AND FIELD MEET**

****SATURDAY, JULY 16th, 2016****

Sanction: USATF Illinois – You do not need a USATF membership to compete at this meet!

Time Schedule:

9:00 a.m. – Field Events Start

9:00 a.m. – Running Starts

10:30 a.m. – Javelin Starts

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 is also at the church parking lot next to the stadium. **Parking on the grass is prohibited.**

Facility: The track is a **new poured** 8-lane all-weather track, with poured 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 fenced 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.

Admission Fee: \$5/adult and free for kids under 12. Athletes in uniform are admitted free. Coaches with a USATF background check and SafeSport certification are admitted free.

Registration Deadline: Midnight on Wednesday July 13 no exceptions. Please do not email or call me to register late unless you are prepared to pay the \$50/athlete late fee. No Exceptions. WE DO NOT ACCEPT LATE ENTRIES AFTER 830 AM THE DAY OF THE MEET.

Registration Entry Fee: \$12.00 per athlete (NOT per event) Follow USATF rules regarding # of events for each age division.

All registrations for teams and unattached athletes will occur at: www.athletic.net

Search the calendar and look under the date of the meet to sign up. Please double check your entries.

Payment: You can make payment online through www.athletic.net

Timing: Fully Automatic Timing (FAT) will be used and we will have a JUMBO-TRON.

Check-In: A packet for coaches will be available at check-in. A coach or team representative is responsible for packet pick-up.

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. You will have to do this on the coacho.com website yourself.

Cancellations/Refunds: If the meet is cancelled due to weather conditions your meet fees will be refunded minus the costs to setup the meet. Once the meet is started there will be no refunds. All divisions will compete and no event will be cancelled unless there is severe weather.

Age Determination: Age divisions determined by birthday.

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

AGE GROUPS AND EVENTS

The Age Groups are:

6-8 Age Division - 3 Events Maximum

9-10 Age Division - 3 Events Maximum

11-12 Age Division - 3 Events Maximum

13-14 Age Division - 4 Events Maximum

15-16 Age Division - 4 Events Maximum

17-18 Age Division - 4 Events Maximum

DUPAGE MEET	1	2	4	2	4	8	1	3	8	1	1	T	L	S	D	H	J	M	P	4	4	4
	0	0	0	0	0	0	5	0	0	0	1	J	J	P	I	J	T	J	V	X	X	X
	0	0	0	H	H	0	0	0	H	0	0				S			A	L	1	4	8
"X" denotes events in each age							0	0		H	H				C			V	T	0	0	0
6-8 Division	X	X	X			X	X						X	X				X		X	X	
9-10 Division	X	X	X			X	X						X	X		X		X		X	X	
11-12 Division	X	X	X			X	X	X	X				X	X	X	X		X		X	X	X
13-14 Division	X	X	X	X		X	X	X		X		X	X	X	X	X	X		X	X	X	X
15-16 Girls	X	X	X		X	X	X	X		X		X	X	X	X	X	X		X	X	X	X
15-16 Boys	X	X	X		X	X	X	X		X		X	X	X	X	X	X		X	X	X	X
17-18 Women	X	X	X		X	X	X	X		X		X	X	X	X	X	X		X	X	X	X
17-18 Men	X	X	X		X	X	X	X		X		X	X	X	X	X	X		X	X	X	X

H stands for hurdles above

Further info

Dupage Track Club: Tom Kaberna, tkaberna@hotmail.com

Phone: (630) 217-8743

DUPAGE TRACK CLUB MEET TENTATIVE SCHEDULE

Field Events- 9:00am start except Javelin will start at 10:30am

Long Jump (youngest to oldest)

South or North Pit – (Girls ages 6-8 in 1st flight) then (Girls age 9-10 in 2nd flight) then (Girls 11-12 in 3rd flight) then (Girls 13-14 in 4th flight) then (Girls 15-16 in 5th flight) then (Girls 17-18 in 6th flight)

Middle Pit – (Boys ages 6-8 in 1st flight) and (Boys age 9-10) then (Boys 11-12 in 2nd flight) then (Boys 13-14 in 3rd flight) then (Boys 15-16 in 4th flight) then (Boys 17-18 and open age group in 5th flight)

Triple Jump (follows Long Jump)

South or North Pit – All Girls in one flight together

Middle Pit – All Boys in one flight together

High Jump (Lowest to highest)

(All ages 9-12 in 1st flight) then (Girls ages 13-18 in 2nd flight) then (Boys 13-18 in 3rd flight)

Pole Vault

(Girls will compete together in 1st flight) then (Boys will compete together in 2nd flight)

Shot Put (youngest to oldest)

(All Girls in 1st flight) then (Boys 6-12 in 2nd flight) then (Boys 13-16 in 3rd flight) then (Boys 15-16 in 4th flight) then (Boys 17-18 in 5th flight)

Discus (oldest to youngest)

(Boys ages 17-18 in first flight) then (Boys ages 15-16 in 2nd flight) then (Girls 11-18 in 3rd flight) then (Boys 11-14 in 4th flight)

10:30am Start

Mini Jav/Javelin (youngest to oldest)

(All 6-12 age groups as 1st flight) then (All 13-18 age groups in 2nd flight)

**Each horizontal jump will get 4 attempts and each throw will get four attempts **We will have two pits running for Long Jump and triple jump

Running Events- 9:00am start

4x800 Relay

Hurdles - 80M - MG, MB 100M - YG, YB, IG, YW 110M - IB, YM

3000M Run

100M Dash

800M Run

200/400M Hurdles

4x100 Relay

Fun Run (6 and under)

400M Run

1500M Run

200M Dash

4x400

**There will be no prelims only Finals

**All running events will be run youngest to oldest: girls then boys unless combined for speed

**Dupage Track Club reserves the right to make changes