



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

**\*\*SATURDAY, JUNE 29<sup>th</sup>, 2019\*\***

**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

10:00 a.m. – Javelin Starts

**400M:** Last year we had over 750 athletes sign up for the meet. That was far too many to be able to run an efficient meet. If we get over 500 athletes this year the 400m run will be cancelled but we will allow mixed genders and ages in the 4x4 at the end of the meet. Those heats will not have FAT available so you will have to keep your own times when we combine different kinds of 4x4s.

**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 **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 June 26. 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 AND THE COST IS \$50 TO DO SO!**

**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](http://www.athletic.net)

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

**Payment:** You make payment online through [www.athletic.net](http://www.athletic.net)

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

**Check-In:** No packet for coaches this year. It will all be emailed out to you the day before. Check in at the tent by the finish line near concessions.

**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.

**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 0	4 0	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
<b>"X" denotes events in each age</b>						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](mailto:tkaberna@hotmail.com)

Phone: (630) 217-8743

# DUPAGE TRACK CLUB MEET TENTATIVE SCHEDULE

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

### Long Jump (youngest to oldest)

South or North Pit – (Girls 9-10 in 1<sup>st</sup> flight) then (Girls 11-12 in 2<sup>nd</sup> flight) then (Girls 13-14 in 3<sup>rd</sup> flight) then (Girls 15-16 in 4<sup>th</sup> flight) then (Girls 17-18 in 5<sup>th</sup> flight)

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

South or North Pit – (Girls 6-8)

### Triple Jump (follows Long Jump)

South or North Pit – Girls 13-16 in 1<sup>st</sup> flight then Girls 17-18 in 2<sup>nd</sup> flight

Middle Pit – All Boys Triple Jump in one flight together after long jump concludes

### High Jump (Lowest to highest)

(Both Genders 9-12 in 1<sup>st</sup> flight) then girls 13-18 in 2<sup>nd</sup> flight then boys 13-16 in 3<sup>rd</sup> flight then boys 17-18 4<sup>th</sup> flight

### Pole Vault

(Girls will compete together in 1<sup>st</sup> flight) then (Boys will compete together in 2<sup>nd</sup> flight)

### Shot Put (youngest to oldest)

(Boys 6-12 in 1<sup>st</sup> flight) then Girls 6-14 then Boys 13-14 then Girls 15-16 then Boys 15-16 then Girls 17-18 then Boys 17-18

### Discus (oldest to youngest)

(Boys ages 17-18 in first flight) then (Female ages 17-18 in 2<sup>nd</sup> flight) then (Boys 15-16) then (Boys 11-14) then then (Girls 11-16)

## 10:00am Start

### Mini Jav/Javelin (youngest to oldest) – 3 throws for 6-12 age group 4 throws for 13-18

(Male 6-12 age groups as 1<sup>st</sup> flight) then (Girls 6-12 in 2<sup>nd</sup> flight) then (Both Genders 13-14 age groups in 3<sup>rd</sup> flight) then (15-18 girls and 15-16 boys in 4<sup>th</sup> flight) then (17-18 boys in 5<sup>th</sup> 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. To begin the meet we will run 3 pits to get through the younger athletes fast.

## Running Events- 9:00am start

Hurdles - 80M then 100M then 110M

3000M Run

100M Dash

800M Run

200/400M Hurdles

4x100 Relay

Fun Run (6 and under)

400M Run – If we have under 500 athletes registered. If not we will not run the open 400 and allow anyone to run the 4x4 in mixed groups but no FAT will be available.

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