



Ozark District

Sanction#0KOZATT646

U.City Xplosion Invitational

Sunday, May 9, 2010

LOCATION: University City High School, 7401 Balson Road. Directions: Highway 40 to 170 North to Olive Street Road. East on Olive, South on Hanley to Balson. Make left to track **OR** Highway 70 to 170 to Olive St. Rd., East on Olive, South on Hanley to Balson, make left to track. Parking available on Balson Road and Jackson Park Elementary school lot directly across the street from track.

ENTRY FEES: \$9.00 per athlete entered online at www.coacho.com by Friday, **May 7, 2010 10:00 p.m.** The meet is open to clubs and unattached athletes. **NO LATE ENTRIES or MODIFICATIONS.** Fees must be paid on line by the close of the meet registration. No surcharge will be applied and a credit card must be used. Credit/check cards can be purchased at many convenience stores.

ENTRY LIMITATIONS: Pee-Wee thru Midget divisions – 3 events. Youth and Open divisions may enter 4 events. All athletes in Intermediate and Young Men/Women will be combined and medal as the OPEN age division, [1995 and before]. Athletes who are still 18 as of August 7, 2010 may still compete. There will be no sub-categories. Sub-Bantam/Bantam, Sub-Midge/Midget, Sub-Youth/Youth will compete and medal in one category.

AWARDS: Medals for 1st, 2nd, and 3rd places. Ribbons for 4th, 5th, and 6th places. Pee-Wee athletes will receive participation ribbons at the finish line. All races are timed finals. Pee-Wees will not be timed nor placed; however, if you would like to time your own athlete, feel free to bring a stopwatch. Open division will medal as one age group.

ENTRIES: **ALL ENTRIES MUST BE COMPLETED ON-LINE BY FRIDAY, MAY 7 BY 10:00 p.m.**

MEET DIRECTOR: Reggie McNeil, uc_xplosion@yahoo.com

GENERAL INFORMATION: Coaches meeting at 8:15 a.m. Track and field events begin at 8:30 a.m. All running events will be timed finals. There will be no prelims or semis. Pee Wee events will ribbon at the finish line with no times.

Field events begin at 8:30 a.m. and will be run in rounds with 3 tries each. High Jump is excluded from this rule. Track events take priority over field events. All athletes must notify the event official when leaving for a running event and must be ready to resume 10 minutes after completion of running event.

EQUIPMENT: Throwing implements will be provided. No spikes longer than 1/8" will be allowed on the track.

CONCESSIONS: Available at the track. No bar-b-que pits allowed.

Please remember U. City School District is a smoke-free, alcohol-free facility.



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ORDER OF EVENTS:

RUNNING EVENTS - BEGIN AT 8:30 A.M.

TIMED FINAL	80 METER HURDLES	MIDGET
TIMED FINAL	100/110 HURDLES	YOUTH THROUGH OPEN
TIMED FINAL	3000 METER RUN	Midget through OPEN
HEAT FINAL	55 METER DASH	Pee Wee BACK STRETCH (during 100s)
HEAT FINAL	100 Meter Dash	Pee Wee BACK STRETCH (during 100s)
TIMED FINAL	100 METER DASH	Primary through OPEN
TIMED FINAL	1500 Meter Run	Bantam through OPEN
TIMED FINAL	4 00 Meter Run	Primary through OPEN
TIMED FINAL	1500 M Race Walk	Bantam through OPEN
TIMED FINAL	800 Meter Run	Primary though OPEN
TIMED FINAL	4 X 400	Bantam through OPEN

Note: All running events will be run girls first, then boys, from youngest to oldest within each event. We reserve the right to run age groups and/or genders together in the 1500 run and 3000 run.

FIELD EVENTS – BEGIN AT 8:30 A.M.

LONG JUMP #1

Pee-Wee Girls
Primary Girls
Bantam Girls
Midget Girls
Open Girls
Youth Girls

LONG JUMP #2

Pee-Wee Boys
Primary Boys
Bantam Boys
Midget Boys
Open Boys
Youth Boys

HIGH JUMP

Open Women
Open Men
Youth Women
Youth Men
Midget Girls
Midget Boys
Bantam Girls
Bantam Boys

SHOT PUT

Bantam Girls
Bantam Boys
Midget Girls
Midget Boys
Primary Girls
Primary Boys
Open Girls
Open Boys
Youth Girls
Youth Boys

Discus 1:30 Start

Midget Girls/Boys
Youth Girls/Boys
Open Girls/ Boys



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Pee Wee (05 and later)

55 meter dash
100 meter dash
Long Jump

**Primary Division
(Born 02-04)**

100 Meter Dash
400 Meter Dash
800 Meter Dash
Long Jump
Shot Put

**Bantam Division
(Born 00 ⇒ 01)**

100 Meter Dash
400 Meter Dash
800 Meter Run
1500 Meter Run
4 X 400 Meter Relay
1500 Meter Race Walk
Long Jump
Shot Put (6 lb.)
High Jump

**Midget Division
(Born 98 ⇒99)**

100 Meter Dash
400 Meter Dash
800 Meter Run
1500 Meter Run
3000 Meter Run
4 X 400 Meter Relay
Long Jump
Shot Put (6 lb.)
80 Meter Hurdles
High Jump
Discus
1500 Meter Race Walk

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**Youth Division
(Born 96 ⇒ 97)**

100 Meter Dash
400 Meter Dash
800 Meter Run
1500 Meter Run
3000 Meter Run
4 X 400 Meter Relay
Long Jump
High Jump
Shot Put (6 lb Girls)
(4 kg Boys)
100meter hurdles
Discus
1500 meter Race Walk

Open Division (Born 92⇒ 95)

100 Meter Dash
400 Meter Dash
800 Meter Run
1500 Meter Run
3000 Meter Run
4 x 400 Relay
High Jump
Long Jump
Shot Put (4 KG. Girls)
(12 lb. Boys)
100/110 Hurdles
Discus
1500 Meter Race Walk

- This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connect. Participants are encouraged to visit the AAU web site www.ausports.org to obtain their membership.



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ATHLETE ENTRY WORKSHEET

PLEASE BRING ALL INFORMATION AND RETURN TO YOUR COACH BY _____
_____ (DATE)

NAME (FIRST, LAST): _____

USATF NUMBER: _____

DATE OF BIRTH: _____ CIRCLE: MALE or FEMALE

AGE GROUP: _____

TEAM OR UNATTACHED: _____

PLEASE ENTER ME IN THE FOLLOWING EVENTS:
(PRIMARY – MIDGET 3 EVENTS, YOUTH – OPEN 4 EVENTS)

EVENT #1 _____

EVENT #2 _____

EVENT #3 _____

EVENT #4 _____

(For Team use ONLY. ALL entries must be done on Coach O)