



Ozark Association
Invitational
Sunday, May 2, 2010

St. Louis Blues
Sanction # 5284

LOCATION: McCluer South Berkeley High School, 201 Brotherton Lane. Directions: Highway 40 to I-170 North to Highway 70 East to S. Florissant Road. Left on S. Florissant Rd, Left on Brotherton Lane. Make right to track.

ENTRY FEES: \$9.00 per athlete entered online at www.coacho.com by Friday, **April 30, 2010 10:00 p.m.** The meet is open to clubs and unattached athletes. **NO LATE ENTRIES or MODIFICATIONS.** Fees must be paid at check in to the meet director (Ann Mahone)

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 2, 2010 may still compete.

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, April 30, 2010 BY 10:00 p.m.**

MEET DIRECTOR: Ann Mahone, annsblues@yahoo.com

GENERAL INFORMATION: Coaches meeting at 8:45 a.m. Track and field events begin at 9:00 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 9:00 a.m. and will be run in rounds with 3 tries each. 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 McCluer South-Berkeley High School is a smoke-free, alcohol-free facility.



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ORDER OF EVENTS:

RUNNING EVENTS - BEGIN AT 9:00 A.M.

TIMED FINAL	1500 METER Race Walk	Bantam through Youth
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 X 100	Primary through Youth
TIMED FINAL	200 Meter Dash	Primary through OPEN
TIMED FINAL	800 Meter Run	Primary though OPEN
TIMED FINAL	4 X 400	Bantam through Youth

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 1500 race walk.

FIELD EVENTS – BEGIN AT 9:00 A.M.

LONG JUMP #1

Open
Primary
Bantam
Midget
Youth
Pee Wee

SHOT PUT

Bantam Girls
Bantam Boys
Midget Girls
Midget Boys
Primary Girls
Primary Boys



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Discus 1:30 Start

Midget Girls/Boys
Youth Girls/Boys

Open Girls

Open Boys
Youth Boys

2010 ST LOUIS BLUES INVITATIONAL EVENTS LIST

Pee Wee (05 and later)

55 meter dash
100 meter dash
Long Jump

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

100 Meter Dash
200 Meter Dash
4x100 Meter Relay
Shot Put (4lb.)
Long Jump

**Bantam Division
(Born 00-01)**

100 Meter Dash
200 Meter Dash
800 Meter Run
1500 Meter Run
4x100 & 4x400 Meter Relay
1500 Meter Race Walk
Shot Put (6lb.)
Long Jump

**Midget Division
(Born 99-98)**

100 Meter Dash
200 Meter Dash
800 Meter Run
4 x100 & 4x400 Meter Relay
1500 Meter Run
4x100 & 4x400 Meter Relay
1500 Meter Race Walk

Youth Division

(Born 97-96)

100 Meter Dash
200 Meter Dash
800 Meter Run
1500 Meter Run
4x100 & 4x400 Meter Relay
1500 Meter Race Walk
Shot Put (6lb.)
Long Jump
Discus (1k)

Open Division

(Born 92-95)

100 Meter Dash
200 Meter Dash
800 Meter Run
1500 Meter Run
Shot Put (Girls- 8lb; Boys 12lb)
Long Jump
Discus (1.6 k)



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Long Jump
Discus (1k)

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ATHLETE ENTRY WORKSHEET

**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)**



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EVENT

#1 _____

EVENT #2

EVENT #3

EVENT #4

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