

# KIRKWOOD TRACK CLUB



Invitational Sanction# 0KOZATT65X  
Saturday, June 5, 2010

**LOCATION:** Maplewood-Richmond Heights HS Track – 7539 Manchester Rd., St. Louis, MO 63143.

**ENTRY FEES:** \$9.00 per athlete entered by a club representative online at [www.coacho.com](http://www.coacho.com) by Thursday, June 3, 2010 10:00 p.m. No late registrations or modifications will be allowed past the registration deadline. The meet is open to clubs and unattached athletes. Fees must be paid online by the close of meet registration. No surcharge will be applied and a credit/debit card must be used. Credit/check cards can be purchased at many convenience stores.

**ENTRY LIMITATIONS:** Pee Wee, Primary, Bantam and Midget Divisions – 3 events. Youth through Young Divisions – 4 events. Athletes may enter only those events listed for his/her division and may enter only the division corresponding to his/her year of birth. Athletes who are still 18 as of August 7, 2010 may still compete.

**AWARDS:** Medals for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Place - Ribbons for 4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup> Place. All races are timed finals. Awards will be available following result postings. Pee Wee athletes will receive participation ribbons at the end of each event, but will not be timed.

**ENTRIES: ALL ENTRIES MUST BE COMPLETED ONLINE BY THURSDAY, JUNE 3 AT 10:00 p.m. THIS IS AN AAU MEET; ALL ATHLETES MUST HAVE CURRENT AAU NUMBERS IN ORDER TO COMPETE.**

**MEET DIRECTORS:** Chris Kuehnlein ([chris@kuehnleinlaw.com](mailto:chris@kuehnleinlaw.com)); Mike Vaiana ([mavaiana@charter.net](mailto:mavaiana@charter.net))

**GENERAL INFO:** Coaches Meeting 7:45am. Track and field events begin at 8:00am.

All running events will be timed finals - no prelims or semis. Pee Wee events will not be timed nor placed but will be given ribbons at the end of the race or event.

Field events will be run in rounds – with 3 tries each, no finals. Pee Wee only 2 attempts. High Jump 3 misses per height.

Track events take priority over field events. All athletes must notify field event judge when leaving for a running event and must be ready to resume 10 minutes after completion of the running event.

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. Participants are encouraged to visit the AAU web site [www.aausports.org](http://www.aausports.org) to obtain their membership.

**EQUIPMENT:** “House” throwing implements will be available. No spikes longer than 1/8” allowed on the track.

**CONCESSIONS:** A concession stand will be operated. **NO BBQ PITS ALLOWED ON THE PREMISES.**

## **DIRECTIONS TO MAPLEWOOD-RICHMONDS HEIGHTS HIGH SCHOOL:**

### **From the North**

Take Highway 270 Hwy 40, east on 40 to Hanley Rd, south on Hanley Rd to Manchester Rd, turn left, track is about ½ mile on left next to Maplewood swimming complex.

### **From the South**

Take Highway 270 to Hwy 40 East to Hanley Rd. South on Hanley Rd to Manchester Rd, turn left, track is about ½ mile on left next to Maplewood swimming complex.

### **From the East or West**

Take Highway 40 to Hanley Rd. South on Hanley Rd to Manchester Rd, turn left, track is about ½ mile on left next to Maplewood swimming complex.

**Please remember MRH is a tobacco and alcohol free. No pets please.**

“The Maplewood-Richmond Heights School District does not endorse the goals, objectives, activities or opinions of any non-sponsored clubs or their members, nor does the District encourage or discourage student participation therein.”

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## RUNNING EVENTS – BEGIN 8:00AM

Timed Final	80 METER HURDLES	Midget
Timed Final	100/110 HURDLES	Youth thru Young Women/Men
Timed Final	3000M Run	Midget through Young Women/Men
Timed Final	100M Dash	Primary through Young Women/Men
Not Timed	100M Dash (backstretch of track)	Pee Wee girls then boys
Not Timed	50 M Dash (backstretch of track)	Pee Wee Girls then boys
Timed Final	1500 M Run	Bantam through Young Women/Men
Timed Final	400M Dash	Primary through Young Women/Men
Timed Final	1500M Race Walk	Bantam through Young Women/Men
Timed Final	200M Dash	Primary through Young Women/Men
Timed Final	800M Run	Bantam through Young Women/Men

- All running events will be timed finals, which includes the 100M Dash. Starting blocks will be available for the 100M, 200M & 400M Dash.
- Running Events will be run girls first, then boys, from youngest to oldest in each applicable division.
- We reserve the right to run age groups and/or genders together in the 800 M run, 1500 M run and 3000 M run.

## FIELD EVENTS – BEGIN 8:00AM

<b>LONG JUMP – PIT 1</b>	<b>HIGH JUMP</b>	<b>SHOT-PUT</b>	<b>DISCUS</b>
Pee Wee Girls	Bantam Girls	Interm./Young Women	Midget Girls
Primary Girls	Bantam Boys	Interm./Young Men	Midget Boys
Bantam Girls	Midget Girls	Bantam Girls	Youth Girls
Midget Girls	Midget Boys	Bantam Boys	Youth Boys
Youth Girls	Youth Girls	Midget Girls	Interm./Young Women
Interm./Young Girls	Youth Boys	Midget Boys	Interm./Young Men
	Interm./Young Women	Youth Girls	
	Interm./Young Men	Youth Boys	
<b>LONG JUMP – PIT 2</b>		Primary Girls/Boys	
Pee Wee Boys			
Primary Boys			
Bantam Boys			
Midget Boys			
Youth Boys			
Interm./Young Men			

- Field events will be run in rounds - no finals. Shot Put and Discus 4 attempts. Long Jump 3 attempts – Pee Wee and Primary 2 attempts. High Jump 3 misses per height.

**No spikes longer than 1/8" will be allowed on the track.**

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## LIST OF EVENTS

Pee Wee - (Born '05 and later) will receive a ribbon after the completion of each event - 50, 100 and LJ.

### Primary Division (Born '02 and later)

100 meter dash  
200 meter dash  
400 meter dash  
800 meter run  
Shot put  
Long Jump

### Bantam Division (Born '00 - '01)

100 meter dash  
200 meter dash  
400 meter dash  
800 meter run  
1500 meter run  
1500 meter race walk  
Long Jump  
High Jump  
Shot Put (6lb)  
Discus Throw

### Midget Division (Born '98-'99)

80 meter hurdles  
100 meter dash  
200 meter dash  
400 meter dash  
800 meter run  
1500 meter run  
1500 meter race walk  
3000 meter run  
Long Jump  
High Jump  
Shot Put  
Discus Throw

### Youth Division (Born '96-'97)

100 meter hurdles  
100 meter dash  
200 meter dash  
400 meter dash  
800 meter run  
1500 meter run  
1500 meter race walk  
3000 meter run  
Long Jump  
High Jump  
Shot Put  
Discus Throw

### Intermediate (Born '94-'95) & Young Division (Born '92-'93)

100/110 meter hurdles  
100 meter dash  
200 meter dash  
400 meter dash  
800 meter run  
1500 meter run  
1500 meter race walk  
3000 meter run  
Long Jump  
High Jump  
Shot Put  
Discus Throw

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## ATHLETE ENTRY SHEET

**PLEASE PRINT ALL INFORMATION AND RETURN TO YOUR COACH BY  
JUNE 3, 2010**

NAME (FIRST, LAST) \_\_\_\_\_

AAU NUMBER (REQUIRED) \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ M/F \_\_\_\_\_

**PLEASE ENTER ME IN THE FOLLOWING EVENTS (PEE WEE 5 AND UNDER – 3 EVENTS;  
PRIMARY THRU MIDGET – 3 EVENTS; YOUTH THRU YOUNG WOMEN/MEN – 4 EVENTS.**

EVENT #1 \_\_\_\_\_

EVENT #2 \_\_\_\_\_

EVENT #3 \_\_\_\_\_

EVENT #4 \_\_\_\_\_

**UNATTACHED ATHLETES PLEASE REGISTER AT [WWW.COACHO.COM](http://WWW.COACHO.COM).**

**TEAM MEMBERS – PLEASE RETURN YOUR SHEET TO YOUR COACH BY THE DATE LISTED ABOVE.**