



Ozark Association

SANCTION #5289

**Webster RockHill**

**Rockets Invitational  
Sunday, May 16, 2010**

**LOCATION:** Highway 44 & South Elm, Moss Field. Six Thirty South Elm, behind Hixson Middle School, in Webster Groves.

**ENTRY FEES:** \$9.00 per Athlete. Registration closes on Friday, May 14 @ 10:00 p.m. Clubs and unattached athletes register at [www.coacho.com](http://www.coacho.com) **NO LATE REGISTRATION.** 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. These can be purchased at many convenience stores.

**NO REFUNDS.**

**ENTRY LIMITATIONS:** Pee Wee, Primary, Bantam and Midget divisions-3 events, Youth-Open 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. Pee Wee Athletes are 6 and under. All athletes 15 and older will be combined and medal as the OPEN age division (born 1995 and before) Athletes who are still 18 as of August 2, 2010 may also compete.

**AWARDS:** Medals for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> places, Ribbons for 4<sup>th</sup>, 5<sup>th</sup>, & 6<sup>th</sup> place. Pee Wee athletes will receive their ribbons at the finish line. All races are timed finals except Pee Wee Athletes.

**Pee Wee parents, if you choose to escort your child to the "Pee Wee Bull Pen", please leave that area and root for your child in the stands. Thank You for Your Cooperation.**

**ENTRIES: ALL ENTRIES MUST BE RECEIVED BY Friday, May14 @ 10:00 p.m. NO LATE ENTRIES.**

If you have any questions you may email at [jtribel@aol.com](mailto:jtribel@aol.com)

**GENERAL INFO:** Coaches Meeting at 8:45AM. **Running and Field Events begin at 9:00AM** starting with the Hurdles. **Discus starts at 1:30.** All running events will be timed finals. There will be no prelims or semis. Pee Wee Athletes events will receive reward at the finish line with no times.

High jump 3 misses per height. The Shot Put arena is on the inside, South End. Discus arena is outside of track. Long jump 3 attempts, Pee Wee 2 attempts. Pee Wee running events will be run on back stretch, unless time permits.

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.

**EQUIPMENT:** "House" throwing implements will be available. No spikes longer than 1/8" will be allowed on the track. You may bring your own blocks. Blocks are limited.

**CONCESSIONS:** **A concession stand will be operated at the track. ABSOLUTELY NO GRILLS ALLOWED.**

**DISCLAIMER: All athletes, coaches, parents and volunteers participating in this event acknowledge that they risk accident/injury and all named in heretofore assume full responsibility for themselves and there charges, and agree that the following parties are not liable for mishaps occurring in the competition upon entry: USA TRACK AND FIELD, WEBSTER GROVES SCHOOL DISTRICT, ROCKETS TRACK CLUB AND ALL OFFICIALS, WORKERS AND VOLUNTEERS.**

**Please remember the Webster Groves School District is a smoke free/alcohol free.**



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**ROCKETS INVITATION EVENTS LIST**

Boys and girls except where indicated may enter all events. All ages are based on age by December 2010.

**Pee Wee Division (04 and later)**

55-Meter Dash  
100-Meter Dash  
Long Jump (2 JUMPS)

**Primary's Division (02 -03)**

100-Meter Dash  
200 Meter Dash  
Long Jump  
Shot Put

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

100 Meter Dash  
200Meter Dash  
800 Meter Run  
1500-Meter Run  
Long Jump  
High Jump  
Shot Put (6lb.)  
Shot Put (6Lb.)

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

100-Meter Dash  
200 Meter Dash  
800 Meter Run  
1500 Meter Run  
3000 Meter Run  
Long Jump  
High Jump  
Discus Throw (1Kg)  
Shot Put ( 6lbs.)  
Shot Put 4Kg. Boys  
Hurdles

**Youth Division (Born 97-96)**

100-Meter Dash  
200-Meter Dash  
800-Meter Run  
1500-Meter Run  
3000 Meter Run  
High Jump  
Long Jump  
Shot Put 4Kg. Boys  
Shot Put (6lbs Girls)  
Discus Throw (1Kg.)  
Hurdles

**Open Division (Born 92-95)**

100-Meter Dash  
200-Meter Dash  
800-Meter Run  
1500-Meter Run  
3000 Meter Run  
Long Jump  
High Jump  
Shot Put (4 Kg. Girls)  
Shot Put (12LB. Boys)  
Discus Throw(1Kg Girls)  
Discus Throw (1.6Kg Boys)  
Hurdles



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Timed final	All Hurdles	Midget through Open
Timed final	1500 Meter Run	Bantam through Open
Timed final	100 Meter Dash	Pee Wee Back Stretch
Timed final	100 Meter Dash	Primary through Open
Timed final	55 Meter Dash	Pee Wee
Timed final	800 Meter Run	Bantam through Open
Timed final	200 Meter dash	Primary through Open
Timed final	3000 Meter Run	Midget through Young Men

**Note:** All running event will be timed finals. Pee Wee will not be timed and their awards will be given at the finish line. Running Events will be run girls first, then boys, from youngest to oldest in each applicable division.

**FIELD EVENTS - BEGIN PROMPTLY AT 9:00AM. ALL WARM UPS AND RUN THROUGHES MUST BE COMPLETED BY THIS TIME. NO EXCEPTIONS. SHOT AND DISCUS ARE OPEN TO ALL AGES AT APPONTEED TIME AND END AT APPOINTED TIME.**

	<b><u>HIGH JUMP</u> 9:00 a.m.</b>	<b><u>SHOT PUT</u> 9:00 a.m.</b>	<b><u>DISCUS</u> 1:30</b>
<b><u>LONG JUMP</u> 9:00 a.m.</b>	Bantam Girls	Primary Girls	Midget Girls
Youth/Open Girls	Bantam Boys	Primary Boys	Midget Boys
Youth/Open Boys	Midget Girls	Bantam Girls	Youth/Open Girls
Midget Girls	Midget Boys	Bantam Boys	Youth/Open Boys
Midget Boys	Youth/Open Girls	Midget Girls	
Bantam Girls	Youth/Open Boys	Midget Boys	
Bantam Boys		Youth/Open Girls	
Primary Girls		Youth/Open Boys	
Primary Boys			
Pee Wee Girls		<b>Located inside</b>	<b>Located outside</b>
Pee Wee Boys		<b>North End of track</b>	<b>South End of track</b>

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



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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)

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

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

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

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

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

