



Ozark Association

Webster Rock Hill
Rockets Invitational
Sunday, May 17, 2009

LOCATION: Highway 44 & South Elm, Moss Field. Behind Hixson Middle School, in Webster Groves.

ENTRY FEES: \$8.00 per Athlete. Registration due Friday, May 15 @ noon. Clubs and unattached athletes register at 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.

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 1993 and before) Athletes who are still 18 as of July 26, 2009 may also compete.

AWARDS: Medals for 1st, 2nd, 3rd places, Ribbons for 4th, 5th, & 6th 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, May 15 @ 12:00 NOON NO LATE ENTRIES.

If you have any questions you may email at jtribe1@aol.com

GENERAL INFO: Coaches Meeting at 8:45AM. **Running Events begin at 9:00AM** starting with the Hurdles. 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. **The Rockets Track Meet will be USATF Sanctioned.**

Field Events begin at 9:00AM. High jump 3 misses per height. The Shot Put/Discus arenas are on the inside, South End, outside of track. Long jump 3 attempts, Pee Wee 2 attempts. Pee Wee running events will be run on back stretch.

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.

CONCESSIONS: A concession stand will be operated at the track.

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 2009.

Pee Wee Division 6 and under

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

Primary's Division 7&8

100-Meter Dash
400 Meter Dash
Long Jump
Shot Put

Bantam Division 9&10+

100 Meter Dash
400Meter Dash
800 Meter Run
1500-Meter Run
Javelin (mini)
Long Jump
High Jump
Shot Put (6Lb.)

Midget Division 11&12

100-Meter Dash
400 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
Javelin (mini)

Youth Division 13&14

100-Meter Dash
400-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
Javelin

Open Division 15-18

100-Meter Dash
400-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
Javelin



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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 through Open
Timed final	50 Meter Dash	Pee Wee only
Timed final	800 Meter Run	Primary through Open
Timed final	400 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.

LONG JUMP

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

HIGH JUMP

- Bantam Girls
- Bantam Boys
- Midget Girls
- Midget Boys
- Youth/Open Girls
- Youth/Open Boys

JAVELIN 1:00-2:30

- Bantam (mini)
- Midget (mini)
- Youth
- Open

SHOT PUT 9:00-12:00

- Youth/Open Girls
- Youth/Young Men
- Bantam Girls
- Bantam Boys
- Midget Girls
- Midget Boys
- Primary Girls
- Primary Boys

DISCUS 9:00-11:00

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

Located inside

Located outside

North End of track

South End of track

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