

# KIRKWOOD TRACK CLUB

## Invitational

Saturday, June 6, 2009



**LOCATION:** Mary Institute-Country Day School Track\* - 101 N. Warson Rd., St. Louis, MO 63124. Parking is available on Warson Rd., Ladue Rd., and off of Lindbergh behind the track. Limited seating in bleachers. Plenty of tent and lawn chair space.

**ENTRY FEES:** \$8.00 per athlete entered online at [www.coacho.com](http://www.coacho.com) by **Thursday, June 4, 2009 10:00 p.m.** **NO LATE REGISTRATIONS or MODIFICATIONS WILL BE ALLOWED PAST REGISTRATION DEADLINE.** The meet is open to clubs and unattached athletes. Fees must be paid online by the close of the 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 2, 2009 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 finish line. They will not be timed but feel free to bring your stop watch to time your athlete.

**ENTRIES: ALL ENTRIES MUST BE COMPLETED ONLINE BY THURSDAY, JUNE 4 BY 10:00 p.m.**

**MEET DIRECTORS:** Chris Kuehnlein ([chris@kuehnlaw@aol.com](mailto:chris@kuehnlaw@aol.com)); Mike Vaiana ([mike.vaiana@tidewatergpo.com](mailto:mike.vaiana@tidewatergpo.com))

**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 except where the event operator has a laptop available with an internet connect. 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 bar-b-que pits allowed.

### **DIRECTIONS TO MARY INSTITUTE/COUNTRY DAY SCHOOL:**

#### **From the North**

Take Highway 270 South to Olive Rd. and head east. Make a right at Warson Rd. The campus is about 1 mile south of Olive on the right side of Warson.

#### **From the South**

Take Highway 270 to Ladue Rd. and head east. Make a left at Warson Rd. The campus is on your immediate Left.

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

Take Highway 40 to Lindbergh Blvd. and head North. Make a right at Ladue Rd. Make a left at Warson Rd. The campus is on your immediate Left.

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

"The Mary Institute Country Day 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
Timed Final	1500M Run	Bantam through Young Women/Men
Not Timed	50m Dash (backstretch of track)	Pee Wee girls then boys
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

#### LONG JUMP – PIT 1

Pee Wee Girls  
Primary Girls  
Bantam Girls  
Midget Girls  
Youth Girls  
Interm./Young Girls

#### HIGH JUMP

Bantam Girls  
Bantam Boys  
Midget Girls  
Midget Boys  
Youth Girls  
Youth Boys  
Interm./Young Women  
Interm./Young Men

#### SHOT-PUT

Interm./Young Women  
Interm./Young Men  
Bantam Girls  
Bantam Boys  
Midget Girls  
Midget Boys  
Youth Girls  
Youth Boys  
Primary Girls/Boys

#### DISCUS

Midget Girls  
Midget Boys  
Youth Girls  
Youth Boys  
Interm./Young Women  
Interm./Young Men

#### LONG JUMP – PIT 2

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 Division

**(2004 and later)**

50 Meter Dash

100 Meter Dash

Long Jump

#### Midget Division

**(Born '97 – '98)**

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

Discus Throw

80 Meter Hurdles

3000 Meter Run

#### Intermediate Division &

**Young Division ('94 – '91)**

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

Discus Throw

110 Meter Hurdles

3000 Meter Run

#### Primary Division

**(Born '01 – '03)**

100 Meter Dash

200 Meter Dash

400 Meter Dash

800 Meter Run

Shot Put

Long Jump

#### Bantam Division

**(Born '99 – '00)**

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 (6 lb)

Discus Throw

#### Youth Division

**(Born '95 – '96)**

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

Discus Throw

100 Meter Hurdles

3000 Meter Run