



**SUFFOLK STARS**



## **TRACK & FIELD INVITATIONAL**

- DATE:** SATURDAY, MAY 22, 2010
- PLACE:** LAKELAND HIGH SCHOOL  
214 KENYON ROAD  
SUFFOLK, VA 23434
- CONTACT:** GREGORY ROUNTREE (757) 292-8769
- RULES:** IN ACCORDANCE WITH USA/AAU TRACK & FIELD
- AWARDS:** Top six finishers in each event will receive awards. 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place will receive a medal and 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> place will receive a ribbon. Awards may be picked up in bulk at the conclusion of the meet.

### **AGE DIVISIONS:**

- Primary – born 2005 - 2004  
Sub Bantam – born 2003 - 2002  
Bantam – born 2001 - 2002  
Midget – born 1999 – 1998  
Youth – born 1997 - 1996  
Intermediate – born 1995 – 1994  
Young – born 1993 – 1991

**ELIGIBILITY:** A competitor in Primary, Sub Bantam or Bantam may enter a maximum of three events, including relays. Competitors in Sub Midget, Midget, Sub Youth, Youth, or Intermediate may enter a max of four events, including relays. **Maximum (4) athletes per age group may be entered.**

**Field Events** – 3 attempts only in the Shot Put, Discus, Long Jump, & Triple Jump. Athletes must check out with Judge prior to leaving to compete in another event.

### **ENTRY INFO:**

1. All entries will be done online by going to [www.coacho.com](http://www.coacho.com).  
**May 19** is the **last** day to register.
2. \$8 per athlete,  
\$12 per relay team
3. All payments must be done online

*All payments must be received by May 19th.*

**FACILITY:** 400 meter all weather track w/ 8 lanes; all weather runways, and concrete circles; FAT timing. The concession stand will be open during the meet. Tents and/or umbrellas will be allowed on the top row of the stadium only. Restrooms are available on facility and **absolutely no open grills.**

**MEET RULES & REGULATIONS:** No bare feet or stocking feet; shirts required; max ¼ spikes. Athletes on all relay teams must be dressed in the same uniform. If you have more than one relay in an age group, only the “A” team will count in team scoring.

**EQUIPMENT:**

Throwers must use their own implements.

No starting blocks allowed.

Water and Trash bags will be available.

**Events/Age Groups are:**

Primary	Sub-Bantam	Bantam	Midget	Youth	Intermediate	Young
5 & 6	7 & 8	9 & 10	11 & 12	13 & 14	15 & 16	17 & above
50m	100m	100m	100m	100m	100m	100m
100m	200m	200m	200m	200m	200m	200m
200m	400m	400m	400m	400m	400m	400m
LJ	Long Jump	4x100 relay	800m	800m	800m	800m
	Shot Put	4x400 relay	1500m	1500m	1500m	1500m
		Long Jump	1500 RW	1500 RW	1500 RW	1500 RW
		Shot-Put	80m hurdles	100m hurdles	110m hurdles	110m hurdles
			4x100 relay	200m hurdles	200m hurdles	200m hurdles
			4x400 relay	4x100 relay	4x100 relay	4x100 relay
			4x800 relay	4x400 relay	4x400 relay	4x400 relay
			Long Jump	4x800 relay	4x800 relay	4x800 relay
			Discus	Long Jump	Long Jump	Long Jump
			Shot-Put	Discus	Discus	Discus
				Shot-Put	Shot-Put	Shot-Put
				Triple Jump	Triple Jump	Triple Jump

**NOTES:**

Athletes must compete in the age group that corresponds with Year of Birth. Athletes born in 1991 must turn 19 after 08/08/2010.

**Legend:**

P – Primary

SB – Sub Bantam

B – Bantam

M – Midget

Y – Youth

I – Intermediate

**Y - Young**

# MEET SCHEDULE

**6:45 – Packet Pickup**  
**7:10 – Coaches Meeting**  
**7:30 – Field Events start**  
**8:00 – Running Events start**

## Field Events:

**Long Jump (Boys) – RW1: P-SB-B-SM-M-SY-Y-I**  
**Long Jump (Girls) – RW2: P-SB-B-SM-M-SY-Y-I**  
**Shot Put (Boys)**  
**Discus (Girls)**  
**Discus (Boys)**  
**Shot Put (Girls)**  
**Triple Jump (Boys and Girls)**

**NOTE** – Age Groups will proceed in the order listed above.

## Running Events:

**50m Dash**  
**1500 RW**  
**80m Hurdles**  
**100m Hurdles**  
**110m Hurdles**  
**1500m run**  
**100m Dash**  
**4 x 800 Relay**  
**400m Dash**  
**4 x 100 Relay**  
**800m Run**  
**200m Dash**  
**200m Hurdles**  
**4 x 400 Relay**

## NOTES:

1. We will use a rolling schedule
2. All running events are final
3. Order – Youngest to oldest age groups
4. Girls run first in each age group
5. Please check in on first call