



HENRICO PACERS INVITATIONAL

SANCTIONED BY USA TRACK & FIELD

DATE: SATURDAY, MAY 23, 2009

LOCATION OF MEET: Highland Springs High School
15 South Oak Ave.
Highland Springs, Virginia 23075

REGISTRATION: Entries will only be accepted through on line registration at www.directathletics.com.

On line Registration opens April 1st and will close at Midnight May 20th.

Mailed, faxed, emailed, phoned entries and/or changes will not be accepted. No registration on the day of the event; No changes on the day of the event.

Heat Sheets will posted at Track on May 22, 2009.

MEET STARTING TIME: 9:00 A.M.

MEET DIRECTOR: Al Collins - (804) 226-2751 or (804) 338-3032
(E-Mail) henricopacers@verizon.net

ENTRY FEE: \$4.00 Per Event - \$16.00 Per Relay (Maximum of 2 relay teams per age division).

Entry Fees must be received by mail by Friday, May 22nd. Make money orders or certified checks payable to:
HENRICO PACERS TRACK CLUB, 4905 GLENSPRING ROAD
RICHMOND, VIRGINIA 23223

AGE GROUPS: 5 & 6; 8 and under; 9 and 10; 11 and 12; 13 and 14; and combined ages 15 to 18 for all events (Age is determined as of December 31, 2009, for Boys and Girls).

* * * **PROOF OF AGE MAY BE REQUIRED** * * *

DISQUALIFICATION: **AGE VIOLATIONS** will disqualify the entire team. Individuals will abide by the same rules.

EVENT LIMIT: Four (4) Total Events, including field events and relays.

AWARDS: TROPHIES: 1st, 2nd, and 3rd Places

Ribbons: 4th, 5th, and 6th Places

INDIVIDUAL Awards must be picked up by Coaches after completion of the meet or upon your departure.

REFRESHMENTS: FOOD AND DRINK will be available for purchase.

FACILITIES: RESTROOMS will open at 8:00 A.M.

**FACILITIES
RESTRICTIONS:**

STADIUM REGULATIONS PROHIBITS GRILLS OR OPEN FIRES

PARKING:

Parking lot located at stadium or on street parking

**MEET RULES AND
REGULATION:**

- No bare feet or stocking feet.
- Shirts required.
- Maximum 1/4" spikes.
- **NO STARTING BLOCKS WILL BE USED.**
- Athletes on all relay teams must be dressed in the same uniform.
- No team may submit more than four (4) athletes per event.
- There will be no warming-up on the track.
- **NO COACHES ARE ALLOWED ON THE TRACK OR INFIELD, UNLESS ASSISTING IN THE TRACK MEET.**
- Eight (8) Lanes; All weather track.

OFFICIALS:

Additional help may be needed. Your cooperation will be appreciated.

CLEAN-UP:

Please bring a trash bag to police your area before you leave.

Again, THANKS FOR YOUR COOPERATION !!!

EVENTS BY AGE DIVISION:

5 & 6 Boys & Girls

- 50m
- 100m
- Softball Throw

7 & 8 Boys & Girls

- 100m
- 200m
- 400m
- 800m
- 1500m
- 4x100m Relay
- Long Jump

9 & 10 Boys & Girls

- 100m
- 200m
- 400m
- 800m
- 1500m
- 4x100m Relay
- 4x400m Relay
- Long Jump
- Shot Put

11 & 12 Boys & Girls

- 100m
- 200m
- 400m
- 800m
- 1500m
- 3000m
- 4x100m Relay
- 4x400m Relay
- 4x800m Relay
- Long Jump
- High Jump
- Shot Put
- Discus

13 & 14 Boys & Girls

- 100m
- 200m
- 400m
- 800m
- 1500m
- 3000m
- 4x100m Relay
- 4x400m Relay
- 4x800m Relay
- Long Jump
- High Jump
- Shot Put
- Discus

15 to 18 Boys & Girls

- 100m
- 200m
- 400m
- 800m
- 1500m
- 3000m
- 4x100m Relay
- 4x400m Relay
- 4x800m Relay
- Long Jump
- High Jump
- Shot Put
- Discus

BEGINNING TIME FOR TRACK MEET 9:00 A.M.

ORDER OF EVENTS

TRACK EVENTS:

- 3000 Meters FINALS
- 50 Meters FINAL
- 100 Meters SEMI-FINAL
- (5 & 6 age division 100 Meters will be a Final)
- 1500 Meters FINALS
- 400 Meters RELAY
- 3200 Meters Relay
- (BREAK)**
- 400 Meter FINALS
- 100 Meters FINALS
- 800 Meters FINALS
- 200 Meters FINALS
- 1600 Meter RELAY

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FIELD EVENTS:

Long Jump will start with the 15-18; High Jump 11-12 and the Shot Put with the 9-10. Discus will follow the Shot Put. Softball Throw will be announced.

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DIRECTIONS FROM I-95 SOUTH TO HIGHLAND SPRINGS HIGH SCHOOL

Take I-95 North to I-64 East.
 Take I-64 to the Highland Springs Exit (Airport Drive).
 Take Airport Drive to 1st traffic light (Nine Mile Road).
 Turn left onto Nine Mile Road.
 There will be a Hawk's Barbecue on the left. The next driveway is the entrance To Highland Springs High School Parking; make a left. This will be the rear of the school.
 The track will be on the other side of the tennis court inside the Football Stadium.

DIRECTIONS FROM I-95 NORTH TO HIGHLAND SPRINGS HIGH SCHOOL

Take I-95 South to I-295 South.
 Take I-295 South to the Highland Springs Exit (Airport Drive).
 Take Airport Drive to 2nd traffic light (Nine Mile Road).
 Turn right onto Nine Mile Road.
 There will be a Hawk's Barbecue on the left. The next driveway is the entrance To Highland Springs High School Parking; make a left. This will be the rear of the school.
 The track will be on the other side of the tennis court inside the Football Stadium.

DIRECTIONS FROM I-64 EAST TO HIGHLAND SPRINGS HIGH SCHOOL

Take I-64 East to the Highland Springs Exit (Airport Drive).
 Take Airport Drive to 1st traffic light (Nine Mile Road).
 Turn left onto Nine Mile Road.
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