

MUSTANGS TRACK CLUB

3rd Annual Spring Invitational!

Sunday April 22, 2018

10:00 a.m. field events / 12:00p.m. running events
stadium gates open at 9:00 a.m.

Eastern View High School
16332 Cyclone Way
Culpeper, VA 22701



\$5 Spectator Entry Fee

Children under 5 - FREE

Meet Director

Raymond Gee, Director

Mustangs Track Club

(571) 606-5981

mustangs.track.club@gmail.com

www.mustangtrackclub.org

Age Divisions:

Age Division	Year of Birth
6 and under	2012+
7 - 8	2010-2011
9 - 10	2008-2009
11 - 12	2006-2007
13 - 14	2004-2005
15 - 16	2002-2003
17 - 18	2000-2001**

* Per USATF Rule 300.1 (c) "Athletes must be at least seven (7) years of age on December 31 of the current year to compete at the Youth Athletics or Junior Olympic National Championships."

** Athletes who are still 18 through the final day of the USATF National Junior Olympic Track & Field Championships are eligible to compete in the 17-18 age division through that meet. This extended eligibility does not apply to cross country events.

Entry Rules & Guidelines:

In accordance with USA Track & Field

<http://www.usatf.org/Youth.aspx>

REGISTRATION & FEES

MUST be paid via online registration ONLY accepted through www.coacho.com

(no mail-ins or faxes will be accepted); **NO REFUNDS**

All entries must be submitted by **9:15a.m. on Wednesday, April 18th**

\$8 per team member

\$8 unattached

\$10 per relay event

\$500 2 team maximum

After entry submission, performance sheets will be emailed to the Team Director on Thursday April 19th.

All corrections must be submitted via email to Bernard Cannady of Mantronix Sports at mantronixsports@gmail.com

Please refer to his email for deadlines. NO CORRECTIONS WILL BE MADE AFTER THE DEADLINES NOR AT THE EVENT.

ELIGIBILITY

Teams may enter an unlimited number of athletes in each individual event and in each relay event.

Athletes may enter a maximum of **3** total events.

AWARDS

Awards will be available for pickup at the conclusion of the meet. Awards not claimed will be mailed to the team address on file with coacho.com

1st through 3rd place winners will receive medals. 4th through 6th place winners will receive ribbons. The overall 1st and 2nd place Boys Team and Girls Team will receive trophies.

FACILITIES

- An 8-lane all-weather track.
- Throwing surfaces for the Shot Put are concrete.
- Long Jump will operate two lanes: both lanes rubberized for athletes wearing spikes. Age groups may be combined in accordance with running lane.
- FAT timing.
- Concessions will be sold during the event.
- No radios, open grills or glass containers allowed in the stadium.
- Restrooms will be available.
- Please bring trash bags to police your area during the meet and before you leave.

RULES/REGULATIONS

No bare or stocking feet;

Proper track uniform required

Maximum 1/4" spikes

Athletes on all relay teams must be dressed in the same uniform.

No one will be allowed to enter the track or infield during the meet except athletes and official staff

No one will be allowed to warm up on the infield.

EQUIPMENT

Blocks are optional and can be used. All athletes are responsible for providing and storing their own blocks.

Throwers must use their own implements and may be subject to inspection.

NOTES:

- All events will operate on a rolling schedule.
- There will be three calls for check-in. Please send athletes on **first call**.
- If athletes don't make the third and final check-in call, they will be scratched from the event.
- Please clean up your area before you leave.

MEET SCHEDULE:

9:00 a.m. Information / Team Packet Pick-up

9:30 a.m. Coaches Meeting

10:00 a.m. Field events start

12:00 p.m. Running events Start

****Events will operate on a rolling schedule****

Events will begin ON-TIME

Field Events

LONG JUMP

Boys and Girls youngest to oldest

SHOT PUT

Boys and Girls oldest to youngest

Running Events

100m semifinals

1500m finals

400m finals

55m finals

100m finals

4x100m relay

800m finals

200m finals