



# Track & Field Invitational

Saturday, June 19, 2010

*Douglass High School – Moses F. Miller Stadium*  
Oklahoma City, OK

**MEET DIRECTOR:** Ervin Wyatt, 405-642-0210– ([mofasta@cox.net](mailto:mofasta@cox.net)) or visit us on line at [www.eastsidesteppers.com](http://www.eastsidesteppers.com).

**FACILITIES:** 400 meter all-weather track. Only ¼" or less spikes allowed. Restroom facilities are available on site. Concession stands open during meet. Tents and/or umbrellas will not be allowed below marked levels of the stadium.

**ENTRY INFO:** Entry fee is \$8.00 an athlete. No entry fee will be transferred or refunded.

**ENTRY PROCESS:** Entries and changes can only be made *on-line* at [www.CoachO.com](http://www.CoachO.com). At the conclusion of the entry process you will be required to pay your fees on-line with a VISA or MasterCard. If you are unfamiliar with CoachO.com on-line meet entry process, click the Help button on the Main Menu and read the topic *How to enter a meet*. On-line meet entry will be available until the deadline, June 16, 2010. Please be sure to put in times for your athletes for proper seeding.

**ELIGIBILITY:** Open to USATF 2010 registered members. Open to any athlete that falls within the age divisions listed below. The maximum event entry limit for this meet is four events for age groups Youth thru Young. Athletes in age groups Sub-bantam thru Midget can only compete in a maximum of three events, including relays. **Relay uniforms must conform to USATF rules.**

#### AGE DIVISIONS

##### AGE GROUPS: AGE BORN

SUB BANTAM GIRLS & BOYS born 2002, 2003

BANTAM GIRLS & BOYS 2000, 2001

MIDGET GIRLS & BOYS 1998, 99

YOUTH GIRLS & BOYS 1996, 97

INTERMEDIATE GIRLS & BOYS 1994, 95

YOUNG WOMEN/ MEN 1992, 93

\*AGE-GROUPS 19 AND UP M/F

OPEN (19 -29)/MASTERS (30 AND UP)

**EQUIPMENT:** Athletes must use the starting blocks and batons provided by the meet. *Throwers must provide their own implement.*

**AWARDS:** Awards will be given to the top three finishers at the completion of each event.

**EVENT INFORMATION:** THE 100 METER AND 200 METER EVENTS MAY BE RAN ON BOTH SIDES OF THE TRACK: ALL TIMING WILL BE **MANUAL**: ATHLETES MUST HAVE A WRIST BAND TO COMPETE: COACHES MUST PROVIDE A CURRENT USATF CARD & ID TO GET IN FREE: GENERAL ADMISSION IS \$5 PER PERSON, UNDER 3 FREE.



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## Order of Events

JUNE 19, 2010

### 7:30AM COACHES MEETING

#### FIELD EVENTS

8:00 AM

LONG JUMP pit#1	SBG, SBB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM, MW, MM
SHOT PUT	BG, BB, MG, MB, YG, YB, IG, IB, YW, YM, MW, MM
DISCUS	YM, YW, IB, IG, YB, YG, MB, MG, MW, MM
TRIPLE JUMP pit#2	YG YB, IG IB, YW YM, MW, MM
HIGH JUMP	BG, BB, MG, MB, YG, YB, IG, IB, YW, YM, MW, MM
POLE VAULT	YG YB, IG IB, YW YM, MW, MM
TURPO JAVELIN	MG, MB, BG, BB,

FIELD EVENTS SUBBANTAMS THRU YOUNG MEN/WOMEN WILL BE A THREE JUMP/THROW FINAL

#### ROLLING SCHEDULE

8:30AM

5000M RUN	YM, MM
3000M RUN	MG, MB, YG, YB, IG, IB, YW, MW
200m HURDLES	YG, YB
400m HURDLES	IG, IB, YW, YM, MW, MM
4x800M RELAY	MG, MB, YG, YB, IG, IB, YW, YM,
4x100M RELAY	PARENT'S/COACH'S
4 x100M RELAY	SBG, SBB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM, MW, MM
800M RUN	SBG, SBB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM, MW, MM
80M HURDLES	MG, MB
100M HURDLES	YG, YB, IG, IB, YW, MW
110M HURDLES	IB, YM, MM
100M	SBG, SBB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM, MW, MM
400M	SBG, SBB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM, MW, MM
200M	SBG, SBB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM, MW, MM
1500M RUN	SBG, SBB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM, MW, MM
4 X 400M RELAY	SBG, SBB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM, MW, MM



ALL TIMED FINALS