

Sterling College Track & Field
Youth Invitational
Sterling College Track
125 W. Cooper
Sterling, Kansas 67579
Saturday May 19, 2007 9:00 A.M.

This is a meet designed for those athletes not having the advantage of a school track program. The TOP age grouping is age 14 (on your 2007 birthday) and not yet having attended high School.

Send Entries To: Jack Dillard, Sterling College Track Coach
125 W. Cooper, Sterling, KS 67579

Meet Director: Jack Dillard -- 620-278-4224

Absolutely no Intermediates or older may compete!

Absolutely no entries or additions the day of the meet!

Age divisions for the Sterling College Youth Invitational are as follows:

Primary	Age 8 & Under	Born 1999 or later
Sub-Bantam	Age 9	Born 1998
Bantam	Age 10	Born 1997
Sub-Midget	Age 11	Born 1996
Midget	Age 12	Born 1995
Sub-Youth	Age 13	Born 1994
Youth	Age 14	Born 1993

The age divisions are determined by how old the athlete will be on their 2006 birthday. The entry fee is \$12.00 per athlete if received by May 15th. Any entries made later than May 15th will be \$15.00 per athlete. NO EXCEPTIONS! Medals will be awarded for the top three places in all events in all age divisions including relays. Ribbons will be awarded for 4th through 6th places, and a participation ribbons will be given to all who do not place.

There will be one false start allowed per person in each heat. A second false start is immediate disqualification in that event.

Athletes are limited to three events in all age divisions except the Sub-Youth & Youth Divisions. Sub-Youths & Youths may compete in up to four events. Only races of 100 meters or less will have preliminary heats. In those races with prelims, the top seven times will advance to the finals. Should there be six or less participants in the preliminary heat, it will be run and considered as a final. It will not be re-run in the afternoon.

Only 1/4 inch or shorter spikes are permitted on the track.

RELAY REGULATIONS: All relay teams must be entered prior to/or by May 15. No relay entries will be accepted on the day of the meet. All relay members must wear identical or club shirts. Use a separate relay registration form for each relay team entered.

Food and Drinks will be on sale at the concession stand.

Schedule Of Events

Racewalk and Prelims begin at 9:30 a.m.

	Primary 8-Under		Sub-Bantam 9 Yrs		Bantam 10 Yrs		Sub-Midget 11 Yrs		Midget 12 Yrs		Sub-Youth 13 Yrs		Youth 14 Yrs	
	G	B	G	B	G	B	G	B	G	B	G	B	G	B
3000M RW Fin											X	X	X	X
1500M RW Fin			X	X	X	X	X	X	X	X	X	X	X	X
3000M Run Fin							X	X	X	X	X	X	X	X
100M Dash Pre	X	X	X	X	X	X	X	X	X	X	X	X	X	X
4x800M Rel Fin							----->		X	X	----->		X	X
80M LH Pre							A	A	A	A				
100M LH Pre											A	C	A	C
Lunch - To Be Announced														
200M Dash Fin	X	X	X	X	X	X	X	X	X	X	X	X	X	X
1500M Run Fin			X	X	X	X	X	X	X	X	X	X	X	X
200M LH Fin											A	A	A	A
80M LH Fin							A	A	A	A				
100M LH Fin											A	C	A	C
100M Dash Fin	X	X	X	X	X	X	X	X	X	X	X	X	X	X
400M Dash Fin	X	X	X	X	X	X	X	X	X	X	X	X	X	X
4x100M Rel Fin			----->		X	X	----->		X	X	----->		X	X
800M Run Fin	X	X	X	X	X	X	X	X	X	X	X	X	X	X
4x400M Rel Fin			----->		X	X	----->		X	X	----->		X	X

Field Events begin at 9 a.m. and run concurrently

Long Jump-Pit 1 (NE)

Primary Girls
Midget Girls
Midget Boys

Long Jump-Pit 2 (NW)

Bantam Girls
Sub Youth Girls
Sub Youth Boys
Youth Girls
Youth Boys
Sub Youth Girls TJ
Sub Youth Boys TJ
Youth Girls TJ
Youth Boys TJ

Long Jump-Pit 3 (SE)

Primary Boys
Sub-Bantam Girls
Sub-Midget Girls

Long Jump-Pit 4 (SW)

Bantam Boys
Sub-Bantam Boys
Sub-Midget Boys

Shot Put-Ring 1 (N)

Midget Boys - D
Sub Midget Boys - D
Primary Boys - D
Bantam Boys - D
Sub Bantam Boys - D
Youth Boys - E
Sub Youth Boys - E

Shot Put-Ring 2 (S)

Midget Girls - D
Sub Midget Girls - D
Primary Girls - D
Bantam Girls - D
Sub Bantam Girls - D
Youth Girls - D
Sub Youth Girls - D

High Jump (N)

Sub Bantam Girls
Sub Bantam Boys
Bantam Girls
Bantam Boys
Sub Midget Girls
Sub Midget Boys
Midget Girls
Midget Boys
Youth Girls
Youth Boys
Sub Youth Girls
Sub Youth Boys

Discus-Ring 3 (NE)

Sub Midget Girls - F
Midget Girls - F
Youth Girls - F
Sub Youth Girls - F

Discus-Ring 4 (NW)

Sub Midget Boys - F
Midget Boys - F
Youth Boys - F
Sub Youth Boys - F

Mini-Javelin

Sub-Bantam Girls - I
Sub-Bantam Boys - I
Bantam Girls - I
Bantam Boys - I
Sub-Midget Girls - I
Sub-Midget Boys - I
Midget Girls - I
Midget Boys - I

Javelin

Sub Youth Girls - H
Sub Youth Boys - H
Youth Girls - H
Youth Boys - H

A = 30 in. hurdles
C = 33 in. hurdles
F = 1 Kilo discus (2 lb. 3.5 oz.)

D = 6 lb
E = 8 lb. 13 oz./4 kg.
H = 600 gm. Javelin

G = Girl
B = Boy
I = 300 gm. Javelin

Sign Up Sheet for Sterling Meet

**Date of Meet: Saturday, May 19, 2007
9:00 am**

**Location
Sterling College Track
125 W. Cooper**

Meet Director: Jack Dillard -- 620-278-4224

Athlete's Name: _____

Club: _____ **Phone No:** _____

Date-of-Birth: ____/____/____ **Age Group:** _____ **Sex:** _____

Events: Primary, Sub-Bantam, Bantam, Sub-Midget, and Midget are limited to three (3) events. Sub-Youth and Youth may enter four (4) events.

Intermediate and higher age groups will not be allowed to participate

Individual Event Entry

Relay Team Entry

1. _____

1. _____

2. _____

2. _____

3. _____

3. _____

4. _____

4. _____

Alternate: _____

Relay Team Name

This form must be received by the Sterling College no later than May 15, 2007. Entry fee is \$12.00 per athlete. Any entry received after May 15, 2007, will be \$15.00. No e-mail, phone or fax entries accepted. No Intermediates or older will be allowed to compete.

Absolutely No Entries Or Additions The Day Of The Meet !!!

Make checks payable to: Jack Dillard - Track & Field
125 W. Cooper - Sterling, KS 67579