



2007 Heavenly Track Club

TRACK MEET SCHEDULE OF EVENTS

Saturday, May 19, 2007
 Juan Seguin High School
 7001 Silo Road
 Arlington, Texas 76002

03/28/2007

7:00 AM REGISTRATION START		
7:30 AM	COACHES MEETING	
TIME	FIELD EVENTS	DIVISIONS
7:45 AM	SHOT PUT CHECK IN	
8:00 AM	LONG JUMP	PG, PB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM
8:15 AM	DISCUS CHECK IN	
8:30 AM	SHOT PUT	BG, BB, MG, MB, YG, YB, IG, IB, YW, YM
9:00 AM	DISCUS	YM, YW, IB, IG, YB, YG, MB, MG
	TRIPLE JUMP	YG YB, IG IB, YW YM
	HIGH JUMP	BG, BB, MG, MB, YG, YB, IG, IB, YW, YM

FIELD EVENTS FOR PRIMARY THRU MIDGET WILL BE A THREE JUMP/THROW FINAL

FIELD EVENTS FOR YOUTH THRU YOUNG MEN/WOMEN WILL BE A FOUR JUMP/THROW FINAL

ROLLING START

MORNING SESSION		PRIMARY THRU MIDGET
TIME	RUNNING EVENTS	DIVISIONS
8:00 AM	1500M RACE WALK	BG, BB, MG, MB, YG, YB, IG, IB, YW, YM
8:30 AM	3000M RUN	MG, MB, YG, YB, IG, IB, YW, YM
	4 X 100M RELAY	PG, PB, BG, BB, MG, MB
	800M RUN	PG, PB, BG, BB, MG, MB
	100M	PG, PB, BG, BB, MG, MB
	400M	PG, PB, BG, BB, MG, MB
	80M HURDLES	MG, MB
	200M	PG, PB, BG, BB, MG, MB
	1500M RUN	BG, BB, MG, MB
	4 X 400M RELAY	BG, BB, MG, MB
AFTERNOON SESSION		YOUTH THRU OPEN MEN/WOMEN
2:30 PM	4 X 100M RELAY	YG, YB, IG, IB, YW, YM, *AGE-GROUPS 19 AND UP M/F
	800M RUN	YG, YB, IG, IB, YW, YM
	100M HURDLES	YG, YB, IG, IB, YW, YM
	110M HURDLES	IB, YM
	100M	YG, YB, IG, IB, YW, YM
	400M	YG, YB, IG, IB, YW, YM
	200M HURDLES	YG, YB
	300M HURDLES	IG, IB, YW, YM
	200M	YG, YB, IG, IB, YW, YM
	1500M RUN	YG, YB, IG, IB, YW, YM
	4 X 400M RELAY	YG, YB, IG, IB, YW, YM

ALL RUNNING EVENTS WILL BE FINALS AGAINST TIME

<i>AGE DIVISIONS</i>		
YOUTH AGE-GROUPS:	<u>AGE</u>	<u>BORN</u>
PRIMARY GIRLS & BOYS	8 & AFTER	1999 & AFTER
BANTAM GIRLS & BOYS	9-10	1997, 98
MIDGET GIRLS & BOYS	11-12	1995, 96
YOUTH GIRLS & BOYS	13-14	1993, 94
INTERMEDIATE GIRLS & BOYS	15-16	1991, 92
YOUNG WOMEN/ MEN	17-18	1989, 90

*AGE-GROUPS 19 AND UP M/F



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TRACK MEET INFORMATION

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MEET RULES

- ALL EVENTS WILL BE ON A ROLLING START SCHEDULE
(**WILL COMBINE GENDERS AND CERTAIN AGES GROUPS TOGETHER IF NECESSARY**)
- ALL RUNNING EVENTS WILL BE FINALS AGAINST TIME
- ALL TIMING WILL BE **MANUAL**, UNLESS A CLUB PROVIDES "FAT."
- ALL USA TRACK AND FIELD RULES WILL BE IN EFFECT FOR THIS MEET
- UN-SPORTSMAN-LIKE CONDUCT **WILL NOT BE TOLERATED!!**
- PRIMARY THRU MIDGET DIVISIONS MAY COMPETE IN A MAXIMUM OF THREE EVENTS
- YOUTH THRU YOUNG MEN/WOMEN MAY COMPETE IN A MAXIMUM OF FOUR EVENTS
- EXCEPTION WILL BE THE 19 & UP GROUP.
- ATHLETES WILL BE CLERKED IN THE DESIGNATED AREA OF THE FACILITY. THEY MUST CHECK IN 20 MINUTES BEFORE THEY ARE SCHEDULED TO COMPETE.
- **PARTICIPANTS MUST HAVE AN ARM BAND TO COMPETE**
- COACHES WILL BE ASKED TO HELP AS NEEDED
- TENTS OR SHADING DEVICES MAY ONLY BE SET UP IN THE TOP FOUR ROWS OF THE BLEACHERS. **NO TENTS MAY EXTEND FURTHER THAN THE TOP FOUR ROWS.** THERE WILL BE OTHER AREAS AVAILABLE FOR SETTING UP TENTS OR SHADING DEVICES.
- ALL COACHES WILL BE ADMITTED FREE **WITH CURRENT USATF CARD OR CURRENT AAU CARD ONLY**
- ABSOLUTELY NO REFUNDS

FEES AND AWARDS

- ENTRY FEE IS \$5 PER ATHLETE
- GENERAL ADMISSION IS \$5 PER PERSON, UNDER 3 FREE
- MEDALS WILL BE AWARDED TO THE TOP 1st, 2nd, 3rd PLACE FINISHERS IN EACH EVENT, PRIMARY INCLUDED
- ALL OTHER PRIMARYS WILL BE AWARDED PARTICIPATION RIBBONS

<i>AGE DIVISIONS</i>		
YOUTH AGE-GROUPS:	<u>AGE</u>	<u>BORN</u>
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*AGE-GROUPS 19 AND UP M/F

DIRECTIONS

- D/FW AREA: I20 TO ARLINGTON. EXIT #450 ONTO MATLOCK STREET. GO SOUTH. TURN LEFT ON EDEN ROAD. TURN RIGHT ON SILO ROAD. SCHOOL IS ON THE LEFT.
- FROM TYLER: I20 TO ARLINGTON. EXIT #450 ONTO MATLOCK STREET. GO SOUTH. TURN LEFT ON EDEN ROAD. TURN RIGHT ON SILO ROAD. SCHOOL IS ON THE LEFT.
- FROM AUSTIN, WACO: I35 NORTH TO I20 EAST TO ARLINGTON. EXIT #450 ONTO MATLOCK STREET. GO SOUTH. TURN LEFT ON EDEN ROAD. TURN RIGHT ON SILO ROAD. SCHOOL IS ON THE LEFT.
- FROM HOUSTON: I45 NORTH. EXIT #247 TO US-287 HWY NORTH TOWARD FORT WORTH/ ARLINGTON. IN ARLINGTON EXIT ONTO FM-157 (SOUTH COOPER STREET). GO NORTH. TURN RIGHT ON EDEN ROAD. TURN RIGHT ON SILO ROAD. SCHOOL IS ON THE LEFT.

IF YOU HAVE ANY QUESTIONS, CALL

DON GRIFFIN, AT 817-572-1991 HOME. OR EMAIL: HEAVENLYTC@YAHOO.COM;

PAT CAMPBELL, AT 817-987-5500 HOME OR EMAIL: PCAMPBELL@BEAR.COM

****LETS RUN FAST AND HAVE A GOOD TIME!!!**



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ENTRY FORM

Saturday, May 19, 2007
Juan Seguin High School
7001 Silo Road
Arlington, Texas 76002

AFFILIATION/ CLUB _____ BOYS _____ GIRLS _____

COACH: _____

ADDRESS: _____

PHONE: (____) _____ CELL PHONE: (____) _____

FAX: (____) _____ E-MAIL ADDRESS: _____

03/28/2007

NAME	AGE/ DIVISION	EVENT				2006-2007 BEST MARK			
1.									
2.									
3.									
4.									
5.									
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17.									
18.									
19.									
20.									

RELAYS: 4 x 100m: 2006-2007 Best mark: _____

RELAYS: 4 x 400m: 2006-2007 Best mark: _____

RETURN TO: Fax: 817-483-7029 or E-Mail: HeavenlyTC@Yahoo.com