



Track & Field Invitational

Saturday, June 9, 2018

MIDWEST CITY'S ROSE FIELD AT JIM DARNELL STADIUM
701 E. LOCKHEED DR., MIDWEST CITY, OK 73110

For additional information, please contact: Keitha Wyatt- 405.570.0639 (coach_k@att.net)
Timothy Taylor- 405.202.8487 (Timothy.Taylor@davita.com)

NO SPIKES ALLOWED ON THE FOOTBALL FIELD!!!

ENTRY INFO: Entry fee is \$10 an athlete and must be done in advance. No entry fee will be transferred or refunded. General admission is \$5/person, under age 4 is free.

ENTRY PROCESS: Entries and changes can only be made *on-line* at www.CoachO.com. At the conclusion of the entry process you will be required to pay your fees on-line. 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 starting March 1st until the deadline, June 8, 2016 at 12pm. **Please be sure to put in times for your athlete(s) for proper seeding. A NM will put your athlete in an unseeded section. This is a F.A.T meet with MacDonald Timing.**

EVENT INFORMATION: All events will be on a rolling schedule, All USATF track and field rules will be in effect 12 and under 3 events; 13/14 on up 4 events. This is an USATF Sanctioned meet. Athletes must have a wrist band to compete. Coaches must provide a current USATF card to get in free, have passed a background screening and taken the Safety Sports Training Course. Coaches are highly advised to get their credentials prior to our track meet.

ELIGIBILITY: Open to any athlete that falls within the age divisions listed below and Open/ Master Level Athlete's.

AGE DIVISIONS

AGE GROUPS	AGE BORN
Age Division	Year of Birth
8 & Under	2010+ Up
9 - 10	2008-2009
11 - 12	2006-2007
13 - 14	2004-2005
15 - 16	2002-2003
17 - 18	2000-2001**



EQUIPMENT: Throwers must provide their own implements.

AWARDS: Medals will be given to the top three finishers at the completion of each event after results have been verified. Please show patience when getting medals.



Order of Events

8:15 AM.

COACHES MEETING

FIELD EVENTS

8:30 AM

LONG JUMP

8&U-GB, 9-10GB, 11-12GB, 13-14GB, 15-16GB, 17-18WM, Open, Masters

SHOT PUT

8&U-GB, 9-10GB, 11-12GB, 13-14GB, 15-16GB, 17-18WM, Open, Masters

HIGH JUMP

9-10GB, 11-12GB, 13-14GB, 15-16GB, 17-18WM, Open, Masters

DISCUS

17-18MW, 15-16BG, 13-14BG, 11-12BG, Open M&W, MM, MW

****JAVELIN**

17-18MW, 15-16BG, 13-14BG, Open M&W, MM, MW

(**At the conclusion of the DISCUS when volunteers become available**)

****AERO JAVELIN**

11-12GB

(**At the conclusion of the JAVELIN when volunteers become available**)

****MINI-JAVELIN**

9-10GB, 7-8GB, 6&Under

(**At the conclusion of the AERO JAVELIN when volunteers become available**)

12:00PM

POLE VAULT

13-14, 15-16GB, 17-18WM

*Field events for 12 and under will be a three jump/throw final
13 and up will be a four jump/throw final*

ROLLING SCHEDULE

ALL TIMED FINALS

Schedule subject to change as needed

9:00AM

1500M Race Walk

9-10GB, 11-12GB, 13-14GB, 15-16GB, 17-18WM

Sprint Medley Relay

8&U-GB, 9-10GB, 11-12GB, 13-14GB, 15-16GB, 17-18WM, Open, Masters

(200,200,400,800)

3000M RUN

11-12GB, 13-14GB, 15-16GB, 17-18WM, Open, Masters

Future Stars of Track and Field- Under 5 (50m dash)

100M

All Age Groups, Open, Masters

400m HURDLES

15-16GB, 17-18WM, Open, Masters

200m HURDLES

13-14GB

800M RUN

8&U-GB, 9-10GB, 11-12GB, 13-14GB, 15-16GB, 17-18WM, Open, Masters

4x100M RELAY

8&U-GB, 9-10GB, 11-12GB, 13-14GB, 15-16GB, 17-18WM, Open, Masters

4x100M RELAY

PARENT and COACHES

Dedication to David Brown

400M

8&U-GB,9-10GB,11-12GB,13-14GB,15-16GB,17-18WM,Open,Masters

110M HURDLES

15-16B, 17-18M, OPENM, MM

100M HURDLES

13-14GB, 15-16G, 17-18W, MW, OPENW

80M HURDLES

11-12GB

200M

8&U-GB,9-10GB,11-12GB,13-14GB,15-16GB,17-18WM,Open,Masters

1500M RUN

8&U-GB, 9-10GB, 11-12GB, 13-14GB, 15-16GB, 17-18WM, Open, Masters

4 X 400M RELAY

8&U-GB, 9-10GB, 11-12GB, 13-14GB, 15-16GB, 17-18WM, Open, Masters

**WE MAKE
IT HAPPEN**



USA Track & Field (USATF) is the National Governing Body for track & field, long-distance running and race walking in the United States.

If you are interested in signing up for the upcoming 2018 Summer Track and Field Season please follow the link below to find various teams located within the entire state of Oklahoma.



**For specific questions, please contact
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Master Level USATF Certified Official
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www.usatf.org**

