

42nd Annual Rochelle Area Track Club Invitational Track Meet

Saturday June 15th, 2019

Sanctioned by USA Track and Field

Saturday 9:00 Field Events

Saturday 9:30 Running Events

LOCATION/DRIVING DIRECTIONS: Rochelle Township High School, Douglas Creason Sports Complex in Rochelle, Illinois. Rochelle is Located in North Central Illinois near the intersections of Interstate 39 and I88. The Sports Complex is behind the high school about 1/2 mile west of IL251 on Flagg Rd. There is plenty of free parking for the meet. Use the circle drive located near the stadium for drop off and pickup. Please do not park in the circle drive. If you wish to use your GPS to navigate to our site enter the address 1401 Flagg Road, Rochelle, IL 61068.

FACILITIES: We will be hosting the meet at an eight lane all weather track that has all the amenities you will need for a fun day in the sun. Our field event facilities are some of the best in the area with separate long and triple jump runways, regulation pole vault and high jump pits, several throwing rings. Starting blocks will be provided. Please keep tents outside the track area and not blocking the view of the track. Pole Vaulters are to bring their own equipment. 1/4 inch pyramid spikes are to be used on the track and jump runways. All athletes, coaches and spectators must stay off the infield grass.

EVENTS: contested during the meet for all divisions; youth, open and masters

FIELD EVENTS 9:00 AM

- **Girls Long Jump*** – Pit #1 All divisions Youngest to oldest (3 jumps for ages 10 and under)(4 jumps for older)
- **Boys Long Jump*** – Pit #2 All divisions Youngest to oldest (3 jumps for ages 10 and under)(4 jumps for older)
- **Triple Jump*** (after long jump) 13 and older Youngest to oldest, girls then boys (4 jumps)
- **High Jump*** boys/men & girls/women. 13 & older first then 8-12.(open @ 3'3"raise by 3" until 4'9" then 2")
- **Pole Vault*** 13 and older. Youngest to oldest, girls then boys. (opening height 6'0" raise by 6")
- **Shot Put*** All divisions Youngest to oldest, girls then boys (3 throws for ages 10 and under)(4 throws for older)
- **Javelin*** Oldest to youngest, girls then boys (4 throws)(13-18,open, masters) (grass runway)
- **Mini Javelin*** (after Javelin) 8U, 9-10,11-12 get 4 throws, 3 for younger) (ages 8-12) (grass runway)
- **Discus*** 11 and older. Youngest to Oldest, boys then girls (4 throws)

RUNNING EVENTS 9:30 a.m.

All running events youngest to oldest, girls then boys unless noted . All race finals seeded by times –

- **3000M** 11 and older. One heat
- **3200 Relay** to Follow or with the 3000 depending on the # of Entries (8-18, open, masters)
- **80M 30" Hurdles*** 11-12 Girls, 11-12 Boys (Blue Triangles on track)
- **100M 30" Hurdles*** 13-14 Girls (Green Triangles on track)
- **100M 33" Hurdles*** 13-14 Boys, 15-18 Girls, Yellow marks (13-18,19-29 open women, masters women 30-35,masters men 60- 65)
- **110M 39" Hurdles*** 15-16 Boys, 17-18 Men Blue hash lines (15-18, masters 30-45)
- **110M 42" Hurdles*** Men Blue hash lines (19-29 open)
- **100M** All divisions* finals (8-18, open, masters)
- **50 M FUN RUN** Any child younger than 6 years old. (no entry fee or sign up required)

- **800M** All divisions* (8-18,open, masters)
- **200m and 400m Hurdles** 13-14 Boys and Girls 200H 30", older athletes run 400H Girls 30" Boys 36" (13-18, open, masters)
- **400M** All divisions* (8-18, open, masters)
- **4 x 100 Relay*** All divisions (8-18, open, masters)
- **1500M** All divisions* (8-18, open, masters)
- **200M** All divisions* (8-18, open, masters)
- **4 x 400 Relay*** All divisions (8-18, open, masters)

*Flights, Heats and divisions may be combined whenever possible to fill empty lanes and create full heats. Awards will still be given as age groups not by heat or flight finish.

COMPETITION AGE DIVISIONS:

Youth competitions typically take place in two-year age divisions. These age divisions provide young athletes the opportunity to compete with other athletes of similar ability. The age divisions for competition year 2018 are as follows:

Age Division	Year of Birth
8 & Under (previously Sub-bantam)	2011+*
9 - 10 (previously Bantam)	2009-2010
11 - 12 (previously Midget)	2007-2008
13 - 14 (previously Youth)	2005-2006
15 - 16 (previously Intermediate)	2003-2004
17 - 18 (previously Young)	2001-2002**

Open (born 1998-1982) if you are over 35 you may compete in the masters level.

Masters Age Groups are as follows W/M 35-44, W/M 45-54, W/M 55-64, W/M 65-74, W/M 75 and Up.

Fairness: If there is a question or protest concerning an athlete's age, award will not be given until proof of age can be provided. Bring birth certificates and /or USATF numbers. This meet is run to accommodate the participants. We will be as fair as possible in order to let participants compete in their events. Event Limits: 12 and under 3 events. 13 and up 4 events. Proof of age: Every athlete, if challenged, must present valid proof of age or risk loss of award. Moving up: Competitors may "move up" only one age group.

USATF CARDS: Athletes are not required to have USATF cards or membership.

SPECTATORS: can gain entry to the facility free of charge but are encouraged to stay behind the fenced area in the field events and running track. We promise to run a fast, efficient, and friendly meet.

RULES – CONDUCT & FACILITY: The following are not permitted at the meet sight: alcohol ,smoking, pets, weapons, fireworks, explosives or munitions, laser pointers, glass or metal containers, gum on the track, skates, skateboards or roller blades, plastic bottles and coolers are permitted but are subject to inspection, Stay off of the football field.

REGISTRATION INFORMATION:

Early registration fees: \$5.00 per event and \$15.00 per relay.

Entries for this year's meet will be done at www.athletic.net

- When you get to the website you should choose club or individual and you will see the Rochelle Area Track Meet on the list of events.
- Entries can be made at athletic.net up until Thursday June 13th at 7:30pm and payment can be sent using PayPal to coachdobbs@comcast.net.
- Please make your payment for the meet by 8:30 am on race day or non-paying athletes will be removed from the seedings.
- You can send the payment through PayPal , athletic.net, or mail payment to Rochelle Area Track Club, 5953 S Centerview Dr, Rochelle, IL 61068.
- If you are delayed arriving by 8:30 call or text 815-757-9285 to avoid being removed from the meet.

IN PERSON REGISTRATION:

- Same day registration is not available.

EMAIL OR TEXT CHANGES:

- Changes to existing entries must be made at www.athletic.net up to the deadline of 7:30 Thursday, June 13th or by email before 7:30 pm Friday, June 14th coachdobbs@comcast.net.
- Refunds will be issued for changes made by the deadline.

POSTAL CONTACT:

Rochelle Area Track Club,
c/o John Dobbs,
5953 S Centerview Dr.
Rochelle, IL 61068

Thanks for participating in the “Rochelle Area Track Club Invitational”

Phone: 815-757-9285

Website: www.rochelleareatrackclub.org

Email: coachdobbs@comcast.net