

2010 Bluegrass Track & Field Information

SATURDAY

Packet pickup and awards tent is located behind the bleachers.

COMPETITOR NUMBERS-Numbers must be worn on the front of all athletes and be visible. Use 4 pins, 1 in each corner to attach your number. Your same number will be for both Saturday and Sunday competition. Attached to your number is your entry number and name. Replacement numbers will cost \$5.

Sprint races- In races 400 meters or less, you will run in lanes all the way. If there is more than one heat in an age group, the best overall time will be the winner.

Distances races-Races of 800 meters or longer will have a waterfall start.

Field Events: Warmups will be allowed 1/2 hour before the event. The field event competition will start on time at 9:30 on Saturday and 12:30 on Sunday except for javelin and turbojavelin, and hammer.

Hammer Throw 8 AM Sunday Javelin, Turbojav 10 AM Sunday

Long Jump, triple jumps, broad jump-3 jumps Shot put, discus, javelin, turbo-jav, softball throw-3 throws

Open Pit means that all three jumps must be completed during the allotted time slot.

Saturday Events:

Running events will be women first followed by men. **OLDEST AGE GROUPS TO YOUNGEST AGE GROUPS.** Some races may combine age groups. When reporting for running events, there will be birth year signs. Athletes are to line up behind their birth year sign for easy assignment of lanes.

	Report Area
9:00 Open Race Walk-Men & Women	1500 Start
9:15 Women's Age Group Racewalk-All	1500 Start
9:30 Men's Age Group Racewalk-All	1500 Start
10:15 Women's 3000-All Age groups	3000 Start
10:30 Mens' 3000 16 & under age groups-Born 1994 & after	3000 Start
10:45 Mens' 3000 17 & over age groups-born 1993 & before	3000 Start

11:30 Rolling schedule	Report Area
300 Meter Hurdles-	300 Start
400 Meter Hurdles	400 Start
200 Meter Dash	200 Start
800 Meter Run	Equipment building
100 Meter Dash	Equipment building
1600 Meter Relay	Equipment building

Divisions 14 & under (born 1996 & after) , 15-18(born 1992-1995), 40 & over, Open

If all the athletes do not fit in these age brackets, they must run OPEN.

1600 METER RELAY CARDS MUST BE PICKED UP AT THE THE REGISTRATION TENT, FILLED OUT COMPLETELY WITH TEAM NAME, ATHLETE'S NAMES & NUMBERS AND CODE NUMBER. THESE MUST BE TURNED IN TO THE REGISTRATION TENT BY 1:00 SATURDAY. MAKE SURE YOU HAVE ALL ATHLETES IN THE CORRECT AGE GROUP. AGES ARE BASED ON THE AGE ON DECEMBER 31, 2010.

Shot put #1 9:30 boys & girls softball throw born 2004 and after (by High Jump apron)

Followed by 12 & Under (born 1998 and after)Girls Shot Put 6#

Shot put #2 9:30 19 & Over Women (born 1991 & before) by finish line

Shot put #3 9:30 13-18 girls (Born 1992-1997) by 300 hurdle starting line

High jump

9:30 Boys 12 & under (born 1998 and after) AND Men 40 & over (born 1970 and before) combined starting height 3'0"
followed by 13-39 Men combined starting height 4'6"

Long Jump Pits---Open Pits

Pit #1 (By the High jump) All Women's Triple Jump Open Pit 9:30-10

Followed by All Broad Jumpers -girls & boys 6 years old & younger (Born 2004 & After) Open Pit 10:15-11:15

Pit #2 (Between high jump & pole vault pits) Long Jump 12 & Under boys born 1998 and after Open Pit 9:30-10:45

Pit # 3 (By 300 hurdle start) Long Jump 13-18 born between 1992-1997 Open Pit 9:30-10:45

Pit # 4 (By finish line) Long Jump 19 & over born 1981 & before Open Pit 9:30-10:45

Pole Vault 9:30 1st Event All Men's & Women's Age Group Pole Vault combined
2nd Event All Men's & Women's Open Pole Vault combined

Discus 1st Event All Boys 14 & Under, born 1996 & after, 1.0 kg
2nd Event Men 15 & over born 1995 & before, 1.6 kg
3rd Event Men Open 2.0 kg

SUNDAY

Running Events

11:00 AM 3000 Men's Steeplechase

12:30 Rolling Schedule

100 Hurdles

110 High Hurdles

1500 1st heat -All Women-All Ages

2nd heat- All Men - 19 & over born 1989 & before

3rd heat- All Boys- 18 & under born 1990 & after

400 Meter Dash All ages

400 Relay Divisions 12 & under(born 1998 & after), 13-14(born 1996-1997), 15-18(born 1992-1995) , 40 & over, Open

If ages do not fit in these categories, then the team must run OPEN.

EQUIPMENT BUILDING

Medley Relay(600-200-400-1200) (Must have a)1 female runner and b) one master runner(40 or over) or one pre-teen(12 or under). a) & b) must be different athletes.

400 METER RELAY CARDS AND MEDLEY RELAY CARDS MUST BE PICKED UP AT THE REGISTRATION TENT, FILLED OUT COMPLETELY WITH TEAM NAME, ATHLETE'S NAMES & NUMBERS AND CODE NUMBER. THESE MUST BE TURNED IN TO THE REGISTRATION TENT BY 1:00 SUNDAY. MAKE SURE YOU HAVE ALL ATHLETES IN THE CORRECT AGE GROUP. AGES ARE BASED ON THE AGE ON DECEMBER 31, 2010

Field Events

8:00 AM Hammer Throw

10:00 AM Javelin Pit #1 Men's Age Group followed by Open (Infield on High jump pad)

10:00 AM Javelin Pit #2 Women's Age Group followed by Open (near discus cage)

10:00 AM Turbo Javelin-All Ages

On the infield by finish line(boys) & 300 start(girls)

12:30 Field Events

Long Jump

Pit #1 All Men's Triple Jump Open Pit 12:30-1:30

Pit #2 Long Jump 10 & Under Girls born 2000 and after Open Pit 12:30-1:30

Pit #3 Long Jump 11-14 Girls Born between 1996-1999 Open Pit 12:30-1:30

Pit #4 Long Jump 15 & over Women Born 1995 & before Open Pit 12:30-1:30

High Jump All Women 12:30 starting height 2'6"

Shot Put-Men 12:30

Pit #1 by 300 hurdle starting line Men ages 15-29 12 # born 1995-1981 & after Followed by Open Men 16#

Pit #2 by finish line 13-14 Boys (Born 1996-1997) 4 KG AND Men 30 & Over born 1980 & before followed by 12 & under boys 6# Born 1998 &

Discus 12:30 1st Event 14 & under Women (1996 and after)

2nd Event 15 -39 Women (1971-1995)

3rd Event 40 & Over Women (1970 & before)