

41th Annual Rochelle Area Track Club Invitational Track Meet

Saturday June 16th 2018

Sanctioned by USA Track and Field

SAT. 9:00 Field Events SAT. 9:30 Running Events

Location and 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 sight 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)(1318, open, masters) (grass runway)

Mini Javelin* (after Javelin) 8U, 9-10,11-12 get 4 throws, 3 for younger) (ages 812) (grass runway)

Discus* 11 and older. Oldest to Youngest, boys then girls (4 throws)

RUNNING EVENTS contested for all divisions: youth, open and masters.

All running events youngest to oldest, girls then boys unless noted . All races finals seeded by times – 9:30 AM

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 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.**

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)	2010+*
9 - 10 (previously Bantam)	2008-2009
11 - 12 (previously Midget)	2006-2007
13 - 14 (previously Youth)	2004-2005
15 - 16 (previously Intermediate)	2002-2003
17 - 18 (previously Young)	2000-2001**

* Per USATF Rule 300.1 (c) "Athletes must be at least seven (7) years of age on December 31 of the current year to compete at the Youth Athletics or Junior Olympic National Championships."

** Athletes who are still 18 through the final day of the USATF National Junior Olympic Track & Field Championships are eligible to compete in the 17-18 age division through that meet.

Open (born 1999-1983) 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.

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

Regular/meet day fees: \$15 per event \$25.00 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 Friday June 15th at 9am and payment can be sent using PayPal to coachdobbs@comcast.net. Please make your payment for the meet by 8:15 am the day of the meet. Non-paying athletes will be removed from the meet at 8:15. Entry back into the meet will be subject to regular registration fees. If you cannot make it by 8:15am to make payment then just send the payment through PayPal or mail payment to Rochelle Area Track Club, 5953 S Centerview Dr, Rochelle, IL 61068 . Be aware that Interstate 88 is one lane construction from IL 47 to Rochelle. Give yourself an extra 20-30minutes. If you are delayed arriving by 8:15 call or text 815-757-9285 to avoid being removed from the meet.

In Person entry deadline: In person entries are taken on the day of the meet until 8:15 am. Entries will be taken through email (coachdobbs@comcast.net) or text (815-757-9285) but will be subject to regular entry fee charges. There is a savings for using athletic.net

Coaches – please do not bring entire teams for in person, meet day entry!

Email/Text changes deadline: Changes to existing entries must be made at athletic.net up to the deadline of 9AM 6/15 or by email before 7:30 pm Friday, June 15th coachdobbs@comcast.net. Refunds will be issued for changes made by the deadline. Any changes/ additions/ fixes/ entry errors made by coaches that need to be made after the deadline will be subject to regular registration fees (\$15 per event, \$25 per relay)

Postal Mail Contact Info: Rochelle Area Track Club, c/o John Dobbs, 5953 S Centerview Dr. Rochelle, IL 61068

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

Phone:815-757-9285

Website:www.rochelleareatrackclub.org

Email:coachdobbs@comcast.net