

MEET INFORMATION



Road Runners Track Club Summer Classic

July 16, 2011

Tad Gormley Stadium
New Orleans, LA

Contact Information:

Kathy Early (cell) 504 481-1849

Marvin Early (cell) 504 251-9526

Fax 504 394-3906

lkearly@bellsouth.net

mrmle@yahoo.com

www.roadrunnerstc.org

ENTRY INFORMATION AND INSTRUCTION

Entry Procedure

1. All entries will be done electronically through www.coacho.com .
2. Entry Deadline is **July 13th** Entries may be made as early as **June 1st**. You may make changes as often as you wish until the entry deadline.
3. No Faxed or Phoned entries will be accepted.

Entry Fees

1. Entry fees are **\$8.00** per athlete youth and **\$10.00** for open /masters with or without a team for an unlimited number of individual event entries. Late entries are subject to a **\$150.00** fee per team.
2. Relay teams are **Free**
3. Payment will be made online through www.coacho.com
4. Certified officials who come to work the meet, entry fee is **free** with Officials ID.

TEAM PACKET PICKUP

Coaches can pick up their team's meet packet at check in area identified in front of stadium beginning 1 hour prior to the first event

UNATTACHED PACKET PICKUP

Unattached athletes can pick up there packet at check in area identified in front of stadium beginning 1 hour prior to the first event and will continue throughout the day.

MEET PACKETS

Packets will include heat sheets, time schedule, athlete and coaches wrist bands and/or bib numbers if used.

MEET ADMISSION

General Public Admission cost is **\$5.00**. **Free** for USATF members only.

JURY OF APPEALS:

If coaches feel there is a rule violation that they would like to appeal, do so in writing and contact the Jury of Appeals at the Scorer's Table, within 30 minutes of completion of the event. Present rule number. There will be a \$100.00 cash fee for filing protests, refundable if upheld.

Dress

Shorts, T-shirts or some form of uniform is Mandatory. Members of relay teams must wear same color jersey and shirts.

Awards:

1st through 3rd place finishers will receive awards.

Refreshments

There will be concession stands at the stadium. No alcoholic beverages are allowed!!!

AGE GROUPS

<u>Division</u>	<u>Code</u>	<u>Age</u>	<u>Maximum Events</u>
Tiny Tots	(TG/TB)	6 & Under	3
Sub-Bantam	(SG/SB)	7- 8	3
Bantam	(BG/BB)	9-10	3
Midget	(MG/MB)	11-12	3
Youth	(YG/YB)	13-14	4
Intermediate	(IG/IB)	15-16	4
Young Men/ Young Women	(YW/YM)	17-18	4
Open	(OW/OM)	19 – up	-
Master	(MW/MM)	30 – up	-

GIRL (G) BOY (B)
Women (W) Men (M)

Direction:**From Baton Rouge/ Mississippi**

- Take the I-10 East towards New Orleans
- Veer right onto I-10 at the I-10/I-610 split
- Take the City Park Ave./Metairie Rd. Exit (231-A)
- Turn left onto City Park Avenue.
- Turn left at Carrollton Ave.
- Turn left onto Lelong Ave. into the Park (at Esplanade Ave.)

From the East:**Mississippi Gulf Coast/Slidell/East New Orleans**

- Take the I-10 West
- Take the I-610 West exit towards Baton Rouge/New Orleans International Airport (Exit #238B)
- Take the Canal Blvd. Exit (1-A)
- Turn left onto Canal Blvd.
- Turn left at City Park Ave.
- Turn left at Carrollton Ave.
- Turn left onto Lelong Ave. into the Park (at Esplanade Ave.)

Meet Schedule

Running Event Finals

8:30 AM	3000 Meter Run	MG, MB, YG, YB, IG, IB, YW, YM, OW, OM, MW, MM
	4x 100 Meters Relay	TG, TB, SG, SB, BG, BB, MG, YG, YB, IG, IB, YW, YM, OW, OM, MW, MM
	4x 100 Meters Relay	Alumni, Coaches, Parents
	1500 Meter Race Walk	BG, BB, MG, MB, MW, MM
	400 Meter Hurdles (36")	IB, YM, OM, MM [30-39]
	400 Meter Hurdles (30")	IG, YW, MW [30-49]
	200 Meter Hurdles (30")	YG, YB (30")
	400 Meter Dash	TG, TB, SG, SB, BG, BB, MG, YG, YB, IG, IB, YW, YM, OW, OM, MW, MM
	1500 Meter Run	BG, BB, MG, YG, YB, IG, IB, YW, YM, OW, OM, MW, MM
	100 Meter Dash	SG, SB, BG, BB, MG, YG, YB, IG, IB, YW, YM, OW, OM, MW, MM
	60 Meter Dash	TG, TB
	Break	Presentations and Acknowledgements of Road Runner Alumni
	800 Meter Run	BG, BB, MG, MB, YG, YB, IG, IB, YW, YM, OW, OM, MW, MM
	110 Meter Hurdles (39")	IB, YM, OM, MM [30-49]
	100 Meter Hurdles (33")	YB, IG, YW, OW, MW [30-39]
	100 Meter Hurdles (30")	YG (30")
	80 Meter Hurdles (30")	MG, MB
	200 Meter Dash	TG, TB, SG, SB, BG, BB, MG, YG, YB, IG, IB, YW, YM, OW, OM, MW, MM
	4x 800 Meter Relay	MG, MB, YG, YB, IG, IB, YW, YM, MW, MM
	4x 400 Meters Relay	SG, SB, BG, BB, MG, YG, YB, IG, IB, YW, YM, OW, OM, MW, MM

All events will follow order stipulated. MM and MW will begin the youngest age group going up to the oldest.

All running events will be finals with heats against times.

If limited participants in respective age groups then meet director reserve to right to combine heats, however awards and scoring will be done based on age groups.

Field Event Finals (4 attempts)

8:00 AM	Long Jump	<i>Pit A</i>	MM, YG, YB, IG, IB, YW, YM, OM
	Long Jump	<i>Pit B</i>	MW, SG, SB, BG, BB, MG, MB, OW
	High Jump		MM, MW, OW, OM, YM, YW, IB, IG, YB, YG, MB, MG, BB, BG
	Javelin		MW, MM, YG, YB, IG, IB, YW, YM, OW, OM
	Discuss		MW, MM, MG, MB, YG, YB, IG, IB, YW, YM, OW, OM
	Shot Put		MW, MM, OW, OM, YW, YM, IG, IB, YG, YB, MG, MB, BG, BB, SG, SB

After completion of Long Jump:

Triple Jump	<i>Pit A</i>	MM, OM, YB, IB, YM
Triple Jump	<i>Pit B</i>	MW, OW, YG, YW, IG

11:00 AM	Pole Vault	YG, IG, YW, YB, IB, YM, OW, OM, MW, MM
-----------------	-------------------	--

Field Events will be contested as follows:

- **Each entry will have 4 attempts with exception of high jumps and pole vaults. There completion rules apply.**
- **No Finals, event awards are based on top competitors in each age division. All events will follow order stipulated. MM and MW will begin with the youngest age group (30-34 yrs old) going up to the oldest.**

TG, TB = Tiny Tot Girls; Tiny Tot Boys

SG, SB = Sub-Bantam Girls; Sub-Bantam Boys

MG, MB = Midget Girls; Midget Boys

IG, IB = Intermediate Girls; Intermediate Boys

OW, OM = Open Women; Open Men

BG, BB = Bantam Girls; Bantam Boys

YG, YB = Youth Girls; Youth Boys

YW, YM = Young Women; Young Men

MW, MM = Master Women, Master Men