



“Running to the Next Level”

Track Meet: USATF Junior Olympic State Meet, June 21, 22, & 23, 2018

**Location: Benedictine University
5700 College Road, Lisle, IL 60532**

Time: 8:00am

Admission: \$7.00 adult, and children under 5 free.

Note:

This meet has 3 days of competition, Thursday, Friday, and Saturday. **Members of our team who is competing in the 200m and/or Long jump will be competing on Thursday.** The meet begins at 3 pm. If you do not have a way to get your runner there on Thursday **Please** let me know.

All runners must be at the track at 7:30 am on Friday and Saturday. This will give you time to warm up on the track. Once the meet begin you will not be able to get on the track.

If you don't have a uniform, wear your Saints TC t-shirt and shorts. Bring track spike if you have them.

I sent out the order of events. If you did not received it let me know. This is a two day meet.

We will have a tents set up for our team. Bring Chairs and /or blanket to rest on.

Bring something to drink and eat. Do not bring **junk food** like potatoes chip, flaming hots, and candy bars. Bring fruits, sandwiches, and granola bars. There is a concession stand. You can eat there when you **finished competing.**

Be sure to bring something to shade yourself from the sun when you are waiting for your race. Bring sunscreen also.

If you have any question, give me a call or text me. Coach Heraldo Morrison, Jr. 773-680-0668.

Schedule

Thursday, June 21

Coaches meeting 2:00 pm

Running Events 3:00 pm

Steeplechase F
4x100 F
4x800 F
200 P

*****Hammer (all) 12:00 noon*****

Field Events 3:00 pm

Javelin (Girls 13-18)
Pole Vault (Boys)
Triple Jump (Girls)
Long Jump (Girls up to 12)

Friday, June 22

Running Events 8:00 am

1500/3000 Race Walks
200/400H F
3000 F
100 P
800 F
100 F

Field Events 8:00 am

Discus (Girls)
Javelin Boys (13-18)
Pole Vault (Girls)
High Jump (Boys)
Triple Jump (Boys)
Long Jump (Girls 13-18)
Shot Put (Boys)

Saturday, June 23

Running Events 8:00 am

110/100/80 H P*
10 Minute Break
80/100/110H F
400 F
1500 F
50m (Atoms & Shrimps)
200 F
4x400 F

Field Events 8:00 am

High Jump (Girls)
#1 Long Jump (Boys up to 12)
#2 Long Jump (Boys 13-18)
Shot Put (Girls)
Discus (Boys)
8:30 am Javelin (Boys & Girls up to 12)

Notes:

- 1. Unless otherwise noted, the starting order shall be younger to older, girls followed by boys.**
- 2. Athletes participating in field events must provide their own implements.**
- 3. Schedules are subject to change. It is your responsibility to continue to check for recent updates.**