



“Running to the Next Level”

Track Meet: Saturday July 14, 2018

Location: Lake Park East Campus High School
600 S. Medinah Rd. Roselle, IL (Corner of Irving Park and
Medinah Rd.)

Time: 9:00am

Admission: \$5.00 adult, and children under 12 free

Note:

In this meet, they are not running prelims. Every race is a final. Places are base on times.

All runners must be at the track at 8:00 am. 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, you can run in short and t-shirt. Bring track spike if you have them.

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.

DUPAGE TRACK CLUB MEET TENTATIVE SCHEDULE

Field Events- 9:00am start except Javelin will start at 10:30am

Long Jump (youngest to oldest)

South or North Pit – (Girls 9-10 in 1st flight) then (Girls 11-12 in 2nd flight) then (Girls 13-14 in 3rd flight) then (Girls 15-16 in 4th flight) then (Girls 13-14 in 4th flight) then (Girls 15-16 in 5th flight) then (Girls 17-18 in 6th flight)

Middle Pit – (Boys 6-8 in 1st flight) and (Boys 9-10 in 2nd flight) then (Boys 11-12 in 3rd flight) then (Boys 13-14 in 4th flight) then (Boys 15-16 and Boys 17-18 in 5th flight)

South or North Pit – (Girls 6-8)

Triple Jump (follows Long Jump)

South or North Pit – Girls 13-16 in 1st flight then Girls 17-18 in 2nd flight

Middle Pit – All Boys Triple Jump in one flight together after long jump concludes

High Jump (Lowest to highest)

(All ages 9-12 in 1st flight) then (Girls ages 13-18 in 2nd flight) then (Boys 13-18 in 3rd flight)

Pole Vault

(Girls will compete together in 1st flight) then (Boys will compete together in 2nd flight)

Shot Put (youngest to oldest)

(Girls/Boys 6-10 Girls in 1st flight) then (Girls/Boys 11-12 and Girls/Boys 13-14 in 2nd flight) then (Girls 15-18 in 3rd flight) then (Boys 15-18 in 4th flight)

Discus (oldest to youngest)

(Boys ages 15-18 in first flight) then (Female ages 17-18 in 2nd flight) then (Girls 13-16 in 3rd flight)

10:30am Start

Mini Jav/Javelin (youngest to oldest)

(All 6-12 age groups as 1st flight) then (All 13-18 age groups in 2nd flight)

**Each horizontal jump will get 4 attempts and each throw will get four attempts **We will have two pits running for Long Jump and triple jump. To begin the meet we will run 3 pits to get through the younger athletes fast.

Running Events- 9:00am start

Hurdles - 80M then 100M then 110M

3000M Run

100M Dash

800M Run

200/400M Hurdles

4x100 Relay

Fun Run (6 and under)

400M Run

1500M Run

200M Dash

4x400

**There will be no prelims only Finals

**All running events will be run youngest to oldest: girls then boys unless combined for speed

**Dupage Track Club reserves the right to make changes