



“Running to the Next Level”

## Midwest Season Finale Invitational

Location: Westwood Sport & Fitness Center, 1900 Westwood Dr. Sterling, IL

Time: 9:00 am

Admission: \$7.00

**Note:**

In this meet, they are running prelims for the 60m and 60 HH. Every other race is a final. Places are based 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 begins you will not be able to get on the track.

Bring track spike if you have them. Bring your running flats. I am not sure if spikes are allowed on the track.

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

**Transportation:** We will **meet at the Track**. If you need a ride let me know. I could make some arrangements.

If you need direction go to our club web site for a link to direction.

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

# MIDWEST INDOOR SEASON FINALE INVITE

## Order of Events

### 9 AM – Field Events

Long Jump (Open-Masters, 17-18, 15-16, 14-13, 11-12, 10-9, 8&Under)

Triple Jump following Long Jump (*may be combined*)

High Jump (Youngest to Oldest – *may be combined*)

Shot Put (Oldest to Youngest– *may be combined*)

**NOTE: All jumps & throws–Four (4) attempts only.** Athletes must provide their own implementation/equipment (indoor shot put)

### 10:30 AM – Running Events (Rolling Schedule)

1500m\* / 3000m\* RW (9 yrs. & up)

4x800m Relay\* (11yrs & up)

3000m\* (11 yrs. & up)

60m\*

60m Hurdles\* (11 yrs & up)

4x200m Relay\*

800m\*

Coaches' 4x200m Relay\*

400m\*

1500m\*

200m\*

4x400m Relay\*

\* Denotes – Finals

**NOTE: Some races and field events may be combined due to number of participants.** In track and field, a competitor in the 8 & Under through 12 yr. old divisions may enter a maximum of three (3) events. Competitors in the 13 yr. old through 18 yr. old divisions may enter a maximum of four (4) events. These limitations include relays which will be considered an entry for the purpose of this rule.

### FOR MORE INFORMATION:

**Coach Nicole Lincoln**

815-556-9650

illinoisrush@gmail.com

**Age Division:** (contested based on birth year as of 12/31/19)

- 8 & Under (2011 & under)
- 9 - 10 (2009 – 2010)
- 11 - 12 (2007 – 2008)
- 13 - 14 (2005 – 2006)
- High School - 15 & 16 (2001 - 2004)
- Open/Masters (2000-1900)

Girls

F 13-14 **Ahrianna Jackson**

60m dash 09.80

200m dash 34.30

entry fee paid: \$16.00 (ch\_1E5wQQJD8JlfxmfuXmhB6oNW)

F 11-12 **Autumn Price**

60m dash 08.80

long jump 3.28

entry fee paid: \$16.00 (ch\_1E5wQQJD8JlfxmfuXmhB6oNW)

F 15-18 **Damaiya Shirley**

60m dash 09.60

200m dash 34.00

entry fee paid: \$16.00 (ch\_1E5wQQJD8JlfxmfuXmhB6oNW)

F 9-10 **Destiny Williams**

60m dash 11.20

---

200m dash 41.00

entry fee paid: \$16.00 (ch\_1E5wQQJD8JlfxmfuXmhB6oNW)

F 8 & Under **Mattie Winston**

400m dash 1:34.00

800m run 3:00.00

entry fee paid: \$16.00 (ch\_1E5wQQJD8JlfxmfuXmhB6oNW)

F 11-12 **Nefertari Weathersby**

long jump 2.63

entry fee paid: \$8.00 (ch\_1E5wQQJD8JlfxmfuXmhB6oNW)

---

Boys

M 11-12 **Addison Allen**

200m dash 34

400m dash 1:24.00

entry fee paid: \$16.00 (ch\_1E5wQQJD8JlfxmfuXmhB6oNW)

M 15-18 **Yusef Muhammad**

200m dash 25.00

400m dash 58.00

entry fee paid: \$16.00 (ch\_1E5wQQJD8JlfxmfuXmhB6oNW)

---