



“Running to the Next Level”

Track Meet: Rush Athletic 2018 season finale Meet: Saturday July 12, 2018

Location: Joliet Memorial Stadium, 3000 W. Jefferson St.  
Joliet, IL 60435

Time: 800am

Admission: \$5.00 adult, and \$2.00 for children 5-12, 4 and under 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 7:00 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.

**Wear your T-shirt to the meet.**

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.**

**Age Division:** (*contested based on birth year as of 12/31/18*)

8 & Under	(2010 & under)
9 - 10	(2008 - 2009)
11 - 12	(2006 - 2007)
13 - 14	(2004 - 2005)
15 & 16	(2002 & 2003)
17 & 18	(2001 & 2000)
Open/Masters	(1999-1900)

## 2018 Track and Field Season Finale - Rush Athletics Invite

### Order of Events

#### 8 AM – Field Events

Long Jump (Pit 1) Boys (8&Under start) *May Combine groups*  
Long Jump (Pit 2) Girls (8&Under start) *May Combine groups*  
Triple Jump (Pit 3) Oldest to Youngest (*May Combine groups*)  
High Jump (Youngest to Oldest)  
Javelin (13 yrs & up) – outside the stadium  
Pole Vault (*It will be run coed. Lower heights first.*)  
Discus (Open/Master, 15-18, 13-14, 11-12)

#### 11AM – Field Events

Shot Put (Oldest to Youngest)  
Turbo Javelin (Youngest to Oldest) – inside the stadium

*NOTE: All jumps & throws–Four (4) attempts only*

**\*\*Athletes must provide their own implementation/  
equipment (i.e. shot put, discus, poles, & javelins)\*\*  
Implements must be weighed in!**

#### 7:00am - 7:55am: Track Open for warmups

#### 8:00 AM – Running Events (*Rolling Schedule*)

3000m/1500m Race Walk\* (8 yrs & up)  
3000m\* (11 yrs. & up)  
4x800m Relay\*  
110m Hurdles\* (15 yrs & up)  
100m Hurdles\* (13 yrs & up)  
80m Hurdles\* (11 yrs & 12 yrs, Masters)  
**50m\* Dash Exhibition (non-competitors 8 & under)**  
100m\* (8 yrs & up)  
1500m\* (8 yrs & up)  
400m\* (8 yrs & up)  
4x100m Relay\* (8 yrs & up)  
**Coaches' 4x100m Relay\***  
**Coaches'/Family 4x100m RACE WALK Relay\***  
200m Hurdles\*/400m Hurdles\* (13 yrs & up)  
800m\* (8 yrs & up)  
200m\* (8 yrs & up)  
4x400m Relay\* (8 yrs & up)  
2000m Steeplechase\* (15 yrs & up)  
**1000m Coaches Steeplechase \***  
\* Denotes – Finals

*\*NOTE: Some races 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  
rush.athletics2010@gmail.com

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