

# "Running to the Next Level"

# Feet on Fire Invite

Location: Vaughan Athletic Center, 2121 W. Indian Trail, Aurora, IL 60506

Time: 10:30 am

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Admission: \$5.00

Note:

Every events are finals. Places are base on times.

All runners must be at the track at 9:30 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.

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

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**.

Transportation: We will meet at the Vaughan Center. If you need a ride let coach Morrison know right away.

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.

#### F 13-14 Ahrianna Jackson

60m dash 09.80 200m dash 34.37

entry fee paid: \$16.00 (ch 1DqoqvJD8Jlfmxfu9Ji9mKwd)

## F 11-12 Autumn Price

200m dash 28.80

400m dash 1:11.00

entry fee paid: \$16.00 (ch\_1DqoqvJD8Jlfmxfu9Ji9mKwd)

# F 15-16 Damaiya Shirley

60m dash 09.00

200m dash 34.00

entry fee paid: \$16.00 (ch\_1DqoqvJD8Jlfmxfu9Ji9mKwd)

# F 9-10 Destiny Williams

60m dash 11.50

200m dash 42.00

entry fee paid: \$16.00 (ch\_1DqoqvJD8Jlfmxfu9Ji9mKwd)

#### F 8 & Under Mattie Winston

200m dash 44.50

400m dash 1:34.00

entry fee paid: \$16.00 (ch\_1DqoqvJD8Jlfmxfu9Ji9mKwd)

# F 11-12 Nefertari Weathersby

60m dash 09.80 200m dash 34.40

entry fee paid: \$16.00 (ch 1DqoqvJD8Jlfmxfu9Ji9mKwd)

## F 15-16 Reina Allen

200m dash 28.00

entry fee paid: \$8.00 (ch\_1DqoqvJD8Jlfmxfu9Ji9mKwd)

## Boys

#### M 11-12 Addison Allen

200m dash 34.80

400m dash 1:24.00

entry fee paid: \$16.00 (ch 1DqoqvJD8Jlfmxfu9Ji9mKwd)

## M 13-14 Dion Trotter

60m dash 08.50

200m dash 27.00

entry fee paid: \$16.00 (ch 1DqoqvJD8Jlfmxfu9Ji9mKwd)

## M 15-16 John Green

200m dash 24.00

400m dash 55.00

entry fee paid: \$16.00 (ch 1DqoqvJD8Jlfmxfu9Ji9mKwd)

## M 9-10 Joshua Person

60m dash 10.13

200m dash 36.00

400m dash 1:20.00

entry fee paid: \$24.00 (ch 1DqoqvJD8Jlfmxfu9Ji9mKwd)

## M 15-16 Spencer Ellis

60m dash 08.00

200m dash 28.80

entry fee paid: \$16.00 (ch 1DqoqvJD8Jlfmxfu9Ji9mKwd)

#### M 15-16 Yusef Muhammad

200m dash 24.00

400m dash 56.00

entry fee paid: \$16.00 (ch 1DqoqvJD8Jlfmxfu9Ji9mKwd)



# ORDER OF EVENTS

10:15 A.M.: Coaches meeting

All events will be run as timed finals (TF). All athletes must report to check-in when event call is announced. All events will run youngest to oldest. Girls will run first in each event/division.

| _   | -   |      |   |     |     |        |    |
|-----|-----|------|---|-----|-----|--------|----|
| •   | //8 | n n  |   | Lin | ın  | event  | -  |
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**High School** 

Long Jump All divisions

High Jump All divisions

Shot Put All divisions

| Division  | Long Jump | Shot Put   | High Jump | 4 x 200 | 4 x 400     |
|-----------|-----------|------------|-----------|---------|-------------|
| 8 & Under |           | and stains |           |         |             |
| 9-10      | •         | •          | •         | •       | •           |
| 11-12     | •         | •          |           | •       | 4994 (15 to |
| 13-14     | •         |            | • 1       | •       | •           |

# 10:30 A.M.: Running events

| 1600M Walk    | All divisions             |  |  |  |  |  |
|---------------|---------------------------|--|--|--|--|--|
| 3000M         | All divisions             |  |  |  |  |  |
| 60H           | 11-12, 13-14, HS          |  |  |  |  |  |
| 60M           | All divisions             |  |  |  |  |  |
| 800M          | All divisions             |  |  |  |  |  |
| 4 x 200 Relay | 9-10, 11-12,<br>13-14, HS |  |  |  |  |  |
| 400M          | All divisions             |  |  |  |  |  |
| 1600M Run     | All divisions             |  |  |  |  |  |
| 200M          | All divisions             |  |  |  |  |  |
| 4 x 400 Relay | 9-10, 11-12,<br>13-14, HS |  |  |  |  |  |
|               |                           |  |  |  |  |  |

| Division       | 1600M Walk | 3000M | 60H | 60M | 800M | 400M | 1600M Run | 200M |
|----------------|------------|-------|-----|-----|------|------|-----------|------|
| 8 & Under      | •          | •     |     | •   | •    | •    | •         | •    |
| 9-10           | •          | •     |     | •   | •    | •    | •         | •    |
| 11-12          | •          | •     | •   | •   | •    | •    | •         | •    |
| 13-14          | •          | •     | •   | •   | •    | •    | •         | •    |
| High<br>School | •          | •     | •   | •   | •    | •    | •         | •    |