

# ***LIGHTNING RUNNING CLUB Youth Track & Field Meet***

**Sunday, April 22, 2018**

**Linganore High School  
12013 Old Annapolis Rd. Frederick, MD 21701**

**11:30 – Registration opens;      12:30 - Coaches Meeting;  
12:45 – Field Events start;      1:00 - Track Events start**

**Entry Fees:      \$6 per athlete.**

**Concessions will be offered for sale.      Awards: Ribbons for 4<sup>th</sup> - 6<sup>th</sup> places.  
Participant ribbons for all 6 & Under competitors.**

**Event Limit (includes relay): Ages 6 under – TWO; Ages 13 and Up – FOUR; all others - THREE.**

**Age is as of DECEMBER 31, 2018**

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## **ORDER of EVENTS:**

### **Track Events**

**200m/400m Hurdles - (13/14), (15/18)  
3,000m Run (11/12, 13/14, 15/18)  
50m Dash (6 and Under)  
100m Dash (7/8, 9/10, 11/12, 13/14, 15/18)  
800m Run - (7/8, 9/10, 11/12, 13/14, 15/18)  
80m Hurdles – (11/12)  
100/110m Hurdles – (13/14, 15/18)  
4x100m Relay - (7/8, 9/10, 11/12, 13/14, 15/18)  
400m Dash - (7/8, 9/10, 11/12, 13/14, 15/18)  
1,500m Run - (7/8, 9/10, 11/12, 13/14, 15/18)  
200m Dash - (7/8, 9/10, 11/12, 13/14, 15/18)  
4x400m Relay - (7/8, 9/10, 11/12, 13/14, 15/18)**

### **Field Events**

**\*Long Jump – (Pit A - 6U, 7/8, 15/18)  
(Pit B - 9/10, 11/12, 13/14)  
High Jump - (15/18, 13/14, 11/12, 9/10)  
\*Shot Put - (7/8, 9/10, 11/12, 13/14, 15/18)  
\*Turbo Javelin - (11/12, 9/10, 7/8)  
(\* three attempts, no finals)**

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**NOTES:** Please provide your own Starting Blocks. Age Group and Gender heats may be combined, depending upon time and number of competitors.

***INFIELD RULES: Only Athletes, Officials and Coaches allowed.***

***LOCAL RULES: Only WATER allowed inside of track fence. No spikes on Infield.***

**Meet Director: Bill Gerhold, [billygmd@aol.com](mailto:billygmd@aol.com)**