



“Running to the Next Level”

Track Meet: Saturday July 20, 2019

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

Time: 8:00am

Admission: Daily admission \$7 for Adults / \$5 for Children 6 to 12 / Children 5 and under FREE

Note:

This is a 2 day meet Friday and Saturday. We are only going to compete on Saturday.

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

All runners must be at the track at 8:30 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.

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.

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)

15 & 16 (2003 & 2004)

17 & 18 (2001 & 2002)

Open/Masters (2000-1900)

2019 Track and Field Season Finale - Rush Athletics Invite

Order of Events

Friday, July 19, 2019

6:00PM - Pole Vault (*It will be run coed. Lower heights first.*)

6:30 p.m.

Long Jump (Pit 1) Boys (8&Under, 9-10), *May combine groups*

Long Jump (Pit 2) Girls (&Under, 9-10), *May combine groups*

Triple Jump (Pit 3) Oldest to Youngest, *May combine groups*

Shot Put (13 & Up, Open/Masters), *May combine groups*

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

****Athletes must provide their own implementation/
equipment (i.e. shot put, discus, poles, & javelins)****

5:30pm – 6:25pm Track Opens for warmups

6:30 PM – Running Events (Rolling Schedule)

3000m* (11 yrs. & up)

200m Hurdles*/400m Hurdles* (13 yrs & up)

4x200m Relay*

4x800m Relay*

200m (8 yrs & up)

2000m Steeplechase* (15 yrs & up)

1000m Steeplechase Coaches, Open/Master, Parents *

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

Saturday, July 20, 2019

7 AM – Hammer Throw

Only parents, coaches, athletes, and officials allowed in the stadium.

9am - 9:55am: Track Open for warmups

9:30 AM - Field Events

Discus (Open/Master, 15-18, 13-14, 11-12)

High Jump (Oldest to Youngest)

Turbo Javelin (Youngest to Oldest) –inside the stadium

Long Jump (Pit 1) Boys (11-12 yr. & Up)

May combine groups

Long Jump (Pit 2) Girls (11-12 yr. & up)

12PM – Field Events

Javelin (Oldest to 13-14 yr.) – outside the stadium

Shot Put (8 & Under to 11-12 yr.)

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

****Athletes must provide their own implementation/
equipment (i.e. shot put, discus, poles, & javelins)****

10AM – Running Events (Rolling Schedule)

3000m/1500m Race Walk* (8 yrs & up)

110m/100m/80m Hurdles*

50m* Dash Exhibition (non-competitors 8 & under)

100m* (8 yrs & up)

800m* (8 yrs & up)

4x100m Relay* (8 yrs & up)

Coaches' 4x100m Relay*

Coaches'/Family 4x100m RACE WALK Relay*

1500m* (8 yrs & up)

400m* (8 yrs & up)

4x400m Relay* (8 yrs & up)



EMPOWERING
GIRLS



AMITA
HEALTH

Saints Events Entries Illinois Rush

20-Jul-19

		100m	400m	Shot Put	Javelin	Discus	LJ	TJ	HJ
Lyric	Artwell			x	x				
Nefertari	Weathersby	x					x		
Autumn	Price	x		x			x		
Lisa	Hardman	x					x		
Obi	Chidome	x					x		
Kyndal	Maclin	x		x					
Addison	Allen			x		x			
Jesse	Guereca	x	x						
John	Green		x				x		
Malcolm	Bevans	x	x						
Nick	Kiley		x						
Zach	Kiley		x						
Charles	Hendon	x	x						
Derrick	Stokes		x						x