



“Running to the next level”

Dear Saint’s Family,

This weekend is our Junior Olympic Regional meet. It will be held at Joliet Memorial Stadium. This meet is the next step before going to the National meet. In order for your athlete to advance to national. They would have to finish in the top 5 places in their event. The regional meet consist of the top 8 runners from each event in Illinois and Indiana. This is a two day meet. Please look at the list to see what events your athlete are competing in and look at the order of events to determine what day they are competing on. The information is provided.

This meet is very competitive. Please be sure your athlete get to bed early the day before they compete and they eat breakfast on the day of the meet. It is very important they eat hours before they compete.

The meet start time for the meet on Saturday is 8:00 am and Sunday 7:00 am. Be sure your athlete is at the stadium an hour before the meet start so they will have time to warm up on the track. When the meet start they will not be allow on the track.

Here is the order of events for both days:

2019 Region 7 Running & Field Events Schedule

Saturday, July 13

Running Events (8:00am)

3000 (F)

100 (P)

200H (F)

400H (F)

800 (F)

100 (F)

Field Events (8:00 am)

LJ (0-10)

Triple Jump (All)

Pole Vault (Boys)

High Jump (Girls)

Discus (Girls) then

Javelin (Girls)

4x800 (F)

Shot Put (Boys)

4x100 (F)

Sunday, July 14

Running Events (7:00am)

Steeplechase (F)

Race Walks (F)

110/100/80H

80/100/110H

400 (F)

1500 (F)

200 (F)

4x400 (F)

Field Events (8:30am)

LJ (11-18)

High Jump (Boys)

Shot Put (Girls)

Discus (Boys) then

Javelin (Boys)

Pole Vault (Girls)

If you have any question or concern please contact me at 773-680-0668 or email:

Coach.morrison@saintstc.org.

I am looking forward to seeing everyone compete.

See you on the Track,

Coach Morrison

Head Coach

Saints Youth Track Club

Meet Entries	Saturday, July 13, 2019 - Sun, Jul 14
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Athlete Entries for: Saints Track Club

Mens

Addison Allen - 11

- 11-12 Shot Put 26' 5 21IL #7
- 11-12 Discus 54' 5.2521IL #4

Malcolm Bevans - 16

- 15-16-A5 4x400 Relay 3:40.1321IL #2
- 15-16 Triple Jump 43' 5.2521IL #2
- 15-16 Long Jump 21' 4 21IL #1

John Green - 15

- 15-16 Long Jump 17' 10.521IL #8
- 15-16-A1 4x400 Relay 3:40.1321IL #2

Jesse Guereca - 15

- 15-16-A2 4x400 Relay 3:40.1321IL #2

Alex Hunter - 9

- 9-10 Shot Put 23' 421IL #1
- 9-10 Javelin 50' 421IL #3

Nicholas Kiley - 15

- 15-16 800 Meters 2:07.2021IL #8
- 15-16-A3 4x400 Relay 3:40.1321IL #2

Zach Kiley - 15

- 15-16-A4 4x400 Relay 3:40.1321IL #2

Joshua Person - 10

- 9-10 200 Meters 32.7321IL #6
- 9-10 100 Meters 15.0521IL #5

Dion Trotter Jr - 13

- 13-14 200m Hurdles 34.0621IL #6
- 13-14 100m Hurdles 18.6821IL #5

Womens

Reina Allen - 15

- 15-16 Shot Put 29' 5.521IL #8

Lyric Artwell - 10

- 9-10 Shot Put 20' 8.5 21IL #1
- 9-10 Javelin 45' 11.2521IL #2

Jasmine Davis - 17

- 17-18 Shot Put 37' 7.521IL #4

Audrey Hunter - 13

- 13-14 200m Hurdles 32.6121IL #6
- 13-14 100m Hurdles 19.5721IL #8

Autumn Price - 12

- 11-12 Long Jump 14' 7.2521IL #4
- 11-12 200 Meters 27.71 21IL #3
- 11-12 100 Meters 13.24 21IL #4

Mattie Winston - 7

- 8U Long Jump 7' 1 21IL #4
- 8U 800 Meters 3:28.0221IL #3
- 8U 400 Meters 1:30.6521IL #4