

DUPAGE TRACK CLUB **YOUTH TRACK AND FIELD MEET**

****SATURDAY, JULY 16TH, 2022****

Time Schedule:

9:00 a.m. – Field Events Start

9:00 a.m. – Running Starts

10:30 a.m. – Javelin Starts with Mini Javelin first

Site: Lake Park East Campus High School - On the corner of Irving Park and Medinah Road in Roselle, IL. The address is 600 S. Medinah Road, Roselle, IL.

Directions from the West: Take I-88 East to 355 North. Get off on the Lake Street exit and turn left. Take a right on Medinah road off Lake Street and arrive at school on left after a mile. The school is across the street from the Medinah Golf Course. The track is in the back.

Directions from the East: Take 290 West to 355 South/Lake Street Exit. Get off on the Lake Street exit and turn right. Take a right on Medinah road off Lake Street and arrive at school on left after a mile. The school is across the street from the Medinah Golf Course. The track is in the back.

Parking: The track is in the back. You can park in the main parking lot in front, the back parking lot behind the school or the parking lot on the south side of the school. Parking is also at the church parking lot next to the stadium. **Parking on the grass is prohibited.**

Facility: The track is a **poured** 8-lane all-weather track, with poured all-weather track jumping areas. 1/4" or smaller spikes may be worn on the track. Shot and discus rings are concrete. Starting blocks will be provided. Tent areas will be allowed outside of the fenced area. Spectators should bring lawn chairs for field events since seating is limited. **No one is to be inside the track on the soccer field.**

Concessions: Full concessions will be open during the meet.

Admission Fee: None. We have taken this away and increased the registration fee to make up for it.

Registration Deadline: Midnight on Wednesday July 14. Please do not email or call me to register late unless you are prepared to pay the \$60/athlete late fee. No Exceptions. **WE DO NOT ACCEPT LATE ENTRIES AFTER 8:00 AM THE DAY OF THE MEET AND THE COST IS \$60 TO DO SO BEFORE 8:00 AM!** You will need to come to the meet and find Tom Kaberna before 8:00 AM to add a late entry.

Registration Entry Fee: \$20.00 per athlete (NOT per event) Follow USATF rules regarding # of events for each age division. We do not charge anyone an entry fee to get into the meet. We also cover the online service fees on the athletic.net website.

All registrations for teams and unattached athletes will occur at: www.athletic.net

Search the calendar and look under the date of the meet to sign up. Please double check your entries.

Payment: You make payment online through www.athletic.net

Timing: Fully Automatic Timing (FAT) will be used and we will have a JUMBO-TRON from PT Timing or Video Boards as long as we have over 300 participants. If we have less, then we will have no JUMBO to make sure we don't lose money. This year (2022) we will have a jumbo tron.

Check-In: No packet for coaches this year. It will all be emailed out to you the day before. Check in for running events at the tent by the finish line near concessions.

Awards: Individual: Medallion to first; ribbons for second through sixth.
Relays: Medallion to first; ribbons for second and third.

Proof of Age: Every athlete, if challenged, must present valid proof of age. If a coach knowingly allows an athlete to compete, and/or an athlete knowingly enters him or herself, in an age division younger than allowed, either or both will be subjected to USA Track & Field suspension or expulsion.

Scoring: No team scores will be kept at this meet.

Cancellations/Refunds: If the meet is cancelled due to weather conditions your meet fees will be refunded minus the costs to setup the meet. Once the meet is started there will be no refunds. All divisions will compete and no event will be cancelled unless there is severe weather.

Age Determination: Age divisions determined by birthday.

Hammer Throw: We will not be able to contest hammer throw as our cages are not setup for that event.

Relays: We will not have any relays if the meet is too big to save on time. If the number of entries is below 300 at the meet deadline I will send out an email allowing anyone to compete in the 4x100, 4X800 and 4x400 that wishes to compete and reopen the deadline for a little longer to get them in. This year (2022) we had 450 entries so we will not be running relays.

AGE GROUPS AND EVENTS

The Age Groups are:

6-8 Age Division - 3 Events Maximum

9-10 Age Division - 3 Events Maximum

11-12 Age Division - 3 Events Maximum

13-14 Age Division - 4 Events Maximum

15-16 Age Division - 4 Events Maximum

17-18 Age Division - 4 Events Maximum

DUPAGE MEET	1	2	4	2 0	4 0	8	1	3	8	1	1	T	L	S	D	H	J	M	P
	0	0	0	0	0	0	5	0	0	0	1	J	J	P	I	J	T	J	V
	0	0	0	H	H	0	0	0	H	0	0				S			A	L
"X" denotes events in each age						0	0		H	H					C			V	T
6-8 Division	X	X	X			X	X						X	X				X	
9-10 Division	X	X	X			X	X						X	X		X		X	
11-12 Division	X	X	X			X	X	X	X				X	X	X	X		X	
13-14 Division	X	X	X	X		X	X	X		X		X	X	X	X	X	X		X
15-16 Girls	X	X	X		X	X	X	X		X		X	X	X	X	X	X		X
15-16 Boys	X	X	X		X	X	X	X		X		X	X	X	X	X	X		X
17-18 Women	X	X	X		X	X	X	X		X		X	X	X	X	X	X		X
17-18 Men	X	X	X		X	X	X	X		X		X	X	X	X	X	X		X

H stands for hurdles above

Further info

Dupage Track Club: Tom Kaberna, tkaberna@hotmail.com

Phone: (630) 217-8743

DUPAGE TRACK CLUB TENTATIVE MEET SCHEDULE

Field Events- 9:00am start except Javelin will start at 10:30am

Long Jump (youngest to oldest)

South or North Pit – (Girls 9-12 in 1st flight) then (Girls 13-14 in 2nd flight) then (Girls 15-16 in 3rd flight) then (Girls 17-18 in 4th flight)

Middle Pit – (Boys 9-12 in 1st flight) and (Boys 13-14 in 2nd flight) then (Boys 15-16 in 3rd flight) then (Boys 17-18 in 4th flight)

South or North Pit – (Boys/Girls 6-8 in 1st flight)

Triple Jump (follows Long Jump)

South or North Pit – Girls 13-18 together as only flight

Middle Pit – Boys 13-18 together as only flight

High Jump (Lowest to highest)

(Girls High Jump 9 – 14 in 1st Flight) then (Girls 15-18 in 2nd Flight) then (Boys High Jump 9 – 14 in 3rd Flight) then (Boys High Jump 15-18 in 4th Flight)

Pole Vault

(Girls will compete together in 1st flight) then (Boys will compete together in 2nd flight)

Shot Put (youngest to oldest)

(Boys & Girls 6-12 in 1st flight) then (Boys/Girls 13-14 in 2nd flight) then (Girls 15-18 in 3rd Flight) then (Boys 15-18 in 4th Flight)

Discus (oldest to youngest)

(Boys 15-18 in first flight) then (Boys 11-14 in 2nd flight) then (Girls 11-14 in 3rd flight) then (Girls 15-18 in 4th flight)

10:30am Start

Mini Jav/Javelin (youngest to oldest) – 4 throws

(Girls/Boys 7-12 in 1st flight) then (Girls/Boys 13-16 in 2nd flight) then (Girls/Boys 17-18 in 3rd flight)

**Each horizontal jump will get 4 attempts and each throw will get four attempts **We will have two pits running for Long Jump and triple jump. To begin the meet we will run 3 long jump pits to get through the younger athletes fast since they don't need long runway room.

Running Events- 9:00am start

Hurdles - 80MH then 100MH then 110MH

3000M Run

100M Dash

800M Run

200/400M Hurdles

Fun Run (6 and under)

400M Run

1500M Run

200M Dash

**There will be no prelims only Finals. No 4x100 or 4x400 will be run.

**All running events will be run youngest to oldest: girls then boys unless combined for speed

**Dupage Track Club reserves the right to make changes