

2019 Kennworth / Alpha Crush Developmental Youth Track Meet
Paulding County High School
 1297 Villa Rica Hwy, Dallas, GA 30157

May 11, 2019

Single day meet. The following events will be contested:

- Running (100m Hurdles, 100m, 200m, 400m, 800m, 1500m, 3000m, 4x100 relay, 4x400 relay)
- Field Events (Shot put, Mini-javelin, Full-javelin, Long Jump, High Jump)

Registration: <https://www.athletic.net/TrackAndField/meet/381214/register>

OPEN 5/1/2019 8:00 am and CLOSES 5/7/2019 at 11:59 pm **NO Race day entry permitted!**

Age Divisions and gender to compete as follows: 8-under, 9-10, 11-12, 13-14, 15-16, 17-18. Division categories will be determined by birthdate and age as of December 31, 2019. All running events will follow order from youngest to oldest and female to male on a rolling basis.

Schedule of Running Events: (events will run in the order below from youngest to oldest)

7:30am Coaches meeting at timing tent

7:30am-7:45am Athlete check in 3000m (11-12 and older-USATF rule)

7:30am-7:45am Athlete check in Full size javelin

8:00am Start of 3000m and Full-size javelin (Most likely 2 heats of 3000m)

8:00am First call for 100m hurdles runners (rolling calls by age divisions and gender as below for all running events)

- 100m hurdles (11-Up Only)
- 400m (same division schedule)
- 1500m (same division schedule)
- 100m (same division schedule)
- 800m (same division schedule)
- 200m (same division schedule)
- 4x100m relay (same division schedule) Coaches please organize teams by A, B, C as entered
- 4x400m relay (same division schedule) Coaches please organize teams by A, B, C as entered

Schedule of Field Events (first divisions start at 8:30am and roll as listed):

Long Jump 8:30am	Shot Put 8:30am	High Jump 8:30am	Mini Javelin 8:30am	Javelin 8:00am
9-10 G/pit 1 B/pit 2	8-U G, 8-U B	11-12 G	11-12 B	All G and B
8-U G/pit 1 B/pit 2	9-10 G, 9-10 B	11-12 B	11-12 G	13-14 and older
11-12 G/pit 1 B/pit 2	13-14, 15-16, 17-18G	13-14, 15-16, 17-18G	9-10 G	
13-14 G/pit 1 B/pit 2	13-14, 15-16, 17-18B	13-14, 15-16, 17-18B	9-10 B	
15-16 G/pit 1 B/pit 2	11-12 G	9-10 G	8-U G	
17-18 G/pit 1 B/pit 2	11-12B	9-10 B	8-U B	

RULES: USATF Sanctioned event and all rules apply. Some exceptions for relays and 3000 meter per meet director. Only Athletes and Coaches or volunteers allowed on field. Athletes remain outside of track unless called for events. Gate personnel will manage entry to and from the track infield. Follow all Gate personnel rules.