



Saturday, May 25, 2019

WHERE: **Charles J. Colgan High School**
13833 Dumfries Road
Manassas, VA 20112

SANCTIONED BY: Amateur Athletic Union (AAU)

ATTN: High School Coaches & Athletes – This is the last local qualifying meet for the 2019 New Balance Nationals Outdoor Championship

HOST: **PWC Panthers Track Club**
Meet Director: Jason Smith
E-mail: jason.smith31@gmail.com
Phone: (240) 565-8444
Club Athletic Director: Darrell Harris
E-mail: pwcpantersheadcoach@gmail.com
Phone: (571) 205-7600



Register via www.coacho.com

*Wishing you a beautiful
Memorial Day weekend!*



In honor of all the veterans as well
as the active service members.
Thank you for all you do.



ELIGIBILITY: This meet is open to any athlete that falls within the age divisions listed below. A competitor 10 years and younger may enter a maximum of three (3) events, including relays. All other competitors may enter a maximum of four (4) events, including relays. *If an athlete is entered into too many events, meet management reserves the right to reject the athlete from one or more events without notification.*

AGE DIVISIONS: Age divisions are determined by year of birth.
Athletes may enter the maximum number of events (including relays) as noted in entry limit column of this divisions table.

Age as of 12/31/2019

<i>div #</i>	<i>name</i>	<i>year of birth</i>	<i>low age</i>	<i>high age</i>	<i>entry limit</i>
1	8 & Under	2011+*	6	8	3
2	9-10	2009-2010	9	10	3
3	11-12	2007-2008	11	12	4
4	13-14	2005-2006	13	14	4
5	High School	2001-2004	15	18**	4

**athletes must be at least six (6) years of age on December 31 of current year.*

***athletes born in 2000 must turn 19 after 05/25/2019.*

MEET REGULATIONS: The following rules and regulations will be enforced for the safety of athletes, to allow for the execution of an efficient and effective event, and prevent undue damage to the facility.

- No bare feet or stocking feet; shirts required;
- Only 1/4" or smaller pyramid spikes are allowed;
- Athletes on all relay teams must be dressed in the same uniform;
- Maximum of four (4) male and four (4) female athletes in the 400m dash per age division;
- Maximum of one (1) male and one (1) female relay team in each relay event per age division;
- Four (4) attempts, No finals, in all field events;
- Implements for all throwing events must be provided by the athlete;
- Field event athletes must check-out with Judge prior to leaving to compete in another event;
- Call to check in will be made as follows: 1st Call, FINAL CALL;
- Only competing athletes and meet officials will be permitted inside the fence surrounding the track;
- Clerking area is off limits to: Coaches, Parents, Grandparents, Relatives and Spectators;
- No pets allowed.

MEET ENTRY FEE: Entry fee is **\$10.00** for each athlete for **Track & Field events**. Entry fee for each **relay team** is **\$10.00**. (Team Max entry fee is **\$500.00**) **ALL ENTRY FEES MUST BE PAID ONLINE. ALL FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE.**

ENTRY PROCESS: All teams and unattached athletes must utilize the online entry and payment process via www.coacho.com. No registration for competition on the day of the event. No changes on the day of the event.

DEADLINE DATE: **REGISTRATION WILL BE OPEN UNTIL WEDNESDAY, MAY 22, 2019 - 11:59 PMEST.**

PACKET PICKUP: **FRIDAY, MAY 24, 2019, 5:00PM – 7:00PM and SATURDAY, MAY 25, 2019, 7:30AM.**
Packets can be picked up at the track facility (Colgan High School). A packet is provided for each team, consists of team roster and events entered. A team representative is responsible for picking up the packets.

AWARDS: Individual and relay events, awards will be presented for participants who finish 1st - 3rd place (Medals) and 4th - 6th place (Ribbons). **The Memorial Day 4x100m Relay (1st place ONLY, each relay runner – does not include alternates) will receive a commemorative award.** Awards will be ready for pick up at meet conclusion.



ADMISSION: There is a **\$5.00 gate (entry) fee** charge **per person per day**. All **Children 4 and under** will be admitted **free**. All coaches will receive **one free pass for 4** athletes, **two free passes for 5 to 15** athletes, and **3 free passes for 16 or more** athletes in their packet.

FACILITY: Colgan High School facility contains a 400 meter all-weather track providing 8 lanes around the oval. **Only 1/4" or smaller pyramid spikes are allowed**. Dual stadium bleachers are positioned on both sides of the track. Tents and/or umbrellas will be allowed in of the stadium. There is minimum tent space around the track. Restrooms are available in the stadium. Parking lots are located near the stadium. **No tape on decks, radios, glass containers, open grills, or alcoholic beverages are allowed on the facility**. Advance setup will be available on Friday, May 24, 5:00PM – 7:00PM.

Please bring trash bags to police your area during the meet and before you leave. We request that all garbage be disposed of in the containers provided on the facility. Thanks for your cooperation!

TIMING: Fully Automatic Timing (FAT) & Results will provided using Finish Lynx Cameras interfaced with Hy-Tek Meet Manager.

REFRESHMENTS: A Full Service Concession Stand and Food Vendors will be onsite.

RESULTS: Results will be posted onsite and online at www.coacho.com. Live results will be provided during the event.

EVENTS: ★ *All events are qualifying events for the 2019 New Balance Nationals Outdoor Championship*

8 & UNDER	9 & 10	11 & 12	13 & 14	15 & OLDER
100MDash	100MDash	100MDash	100MDash	100MDash
200M Dash	200M Dash	200M Dash	200M Dash	200M Dash
400M Dash	400M Dash	400M Dash	400M Dash	400M Dash
800M Run	800M Run	800M Run	800M Run	800M Run
1500M Run	1500M Run	1500M Run	1500M Run	1500M Run
4X100 Relay	4X100 Relay	80M Hurdles	100M Hurdles	100M Hurdles 110M Hurdles
Long Jump	4X400 Relay	4X100 Relay	200M Hurdles	400M Hurdles
Shot Put	High Jump	4X400 Relay	4X100 Relay	4X100 Relay
Turbo Javelin	Long Jump	4X800 Relay	4X400 Relay	4X200 Relay
	Shot Put	Discus Throw	4X800 Relay	4X400 Relay
	Turbo Javelin	High Jump	Discus Throw	4X800 Relay
		Long Jump	High Jump	DMR (1200/400/800/1600M)
		Shot Put	Long Jump	SMR (100/100/200/400M)
		Turbo Javelin	Shot Put	Swedish Relay (1-2-3-4)
			Triple Jump	Discus Throw
				High Jump
				Long Jump
				Triple Jump
				Shot Put



SCHEDULE

<u>Time</u>	<u>Activity</u>
7:15am	Gates Open
7:30am	Team Check-in
7:30-8:30 am	Implements Weigh In (Location: TBD)
8:00 am	Coaches Meeting (High Jump Area)

Rolling Schedule Will Be Utilized

8:30am Field Events Start

- ❖ **LONG JUMP**
Girls Oldest to Youngest (Runway #1)
Boys Oldest to Youngest (Runway #2)
- ❖ **HIGH JUMP**
Girls Youngest to Oldest
Boys Youngest to Oldest
- ❖ **SHOT PUT**
Girls Oldest to Youngest
Boys Oldest to Youngest
- ❖ **DISCUS THROW**
Girls Youngest to Oldest
Boys Youngest to Oldest
- ❖ **TRIPLE JUMP** (Following the Long Jump)
Girls Youngest to Oldest
Boys Youngest to Oldest
- ❖ **TURBO JAVELIN**
Girls & Boys Together (Youngest to Oldest)

8:45am Running Events Start

Girls followed by Boys (Youngest to Oldest)

- ❖ **DISTANCE MEDLEY RELAY (HIGH SCHOOL ONLY)**
- ❖ **SWEDISH RELAY 1-2-3-4 (HIGH SCHOOL ONLY)**
- ❖ **80M HURDLES**
- ❖ **100M HURDLES (SEMI)**
- ❖ **110M HURDLES (SEMI)**
- ❖ **4x800M RELAY**
- ❖ **100M DASH (SEMI)**
- ❖ **50M (6 & UNDER - NO TIMED EVENT)**
- ❖ **1500M RUN**
- ❖ **4x100M MEMORIAL DAY RELAY**
- ★ ★ **MEMORIAL DAY PARENT 4x100M RELAY** ★ ★
- ❖ **200M HURDLES**
- ❖ **400M HURDLES**
- ❖ **400M DASH**
- ❖ **100M DASH (FINAL)**
- ❖ **SPRINT MEDLEY RELAY (HIGH SCHOOL ONLY)**
- ❖ **100M HURDLES (FINAL)**
- ❖ **110M HURDLES (FINAL)**
- ❖ **4x200M RELAY (HIGH SCHOOL ONLY)**
- ❖ **800M RUN**
- ❖ **200M DASH**
- ❖ **4x400M RELAY**