



# USA-JA Track and Field

## Development Meet

June 29, 2019

**Registration:** *On site.....*

Running and Field Event Starts: @ 9am

Meet Location: Northwood High School, 919 University Blvd. West Silver Spring, MD 20910

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### General Meet information

#### Meet Directors:

Shawn Shannon, 240.462.7846; [shawshannon1@yahoo.com](mailto:shawshannon1@yahoo.com)

Darryl Spruill, 301.509.1554

#### Registration:

Team Registration- \$350.... includes 4 entries per individual event and 2 per relay event. There will be \$10 fee for each additional relay over 2 relays per age group. Unattached Athletes will be charged \$5 per event...Max 4 events 13 and up.....12 and under have a 3 event limit. Relays are \$15 per relay. Payment can be made onsite.

#### Awards:

Medals will be awarded to the top three finalists in each age division per event....Awards will be grouped and provided to the team at the conclusion of the meet.

#### Age Groups:

Sub Bantam (8 and under)  
Bantam (9&10)  
Midgets (11& 12)

Youth (13&14)  
Intermediate (15&16)  
Young Men & Women (17 &18)

#### Disqualifications:

Age violations will disqualify the individual and/or team from the meet.

**Meet Logistics:** Maximum ¼ in spikes. Lane assignments will be determined based on entries .....Relay members must have same jersey.

Concessions will be sold at the meet.

# Order of Events

## Track Events (9am Start)

|              |        |           |
|--------------|--------|-----------|
| 80mHH        | Final  | 12& under |
| 100m HH      | Final  | 13 & up   |
| 110m HH      | Final  | 15 & up   |
| 100m dash    | Trials | All Ages  |
| 400m dash    | Final  | All Ages  |
| 1500m run    | Final  | All Ages  |
| 200m/400miH  | Final  | 13 & up   |
| 200m dash    | Final  | All Ages  |
| 800m relay   | Final  | All Ages  |
| 4x100m relay | Final  | All Ages  |
| 4x400m relay | Final  | All Ages  |

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## Field Events (start at 9am)

- Long Jump (8 & under...girls followed by boys)
- Triple Jump (17-18 boys.....followed by girls)
- HJ ( 9-10 girls followed by boys)
- Shot Put (17-18 boys followed by girls)
- Discus (11-12 girls followed by boys)
- Turbo Javelin (8 & under boys followed by girls up to 11-12)