

**OHIO AAU Track & Field**  
**Lincoln Heights Track Club Invitational**  
**6 – 18 years**  
**June 5, 2010**  
**West Chester, Ohio**



- DATE:** Saturday, June 5, 2010
- LOCATION:** Lakota West High School  
8940 Union Centre Blvd  
West Chester, Ohio 45069
- HOST:** Lincoln Heights Track Club  
[lhtrackclub@yahoo.com](mailto:lhtrackclub@yahoo.com)
- Entry Deadline:** Register at [www.coacho.com](http://www.coacho.com) by June 2<sup>nd</sup>
- Entry Fee:** \$13.00 per athlete – certified checks or money orders (no personal checks)
- Mail Entry Fee & Waiver To:** Lincoln Heights Track Club  
PO Box 884  
West Chester, Ohio 45071
- Time:** The track will open at 8:30 a.m. for warm ups and check in.
- Gate Entry Fee:** **Kids 8 and under are FREE. All other spectators \$4.00**
- For More Info:** Kim Newman - [lhtrackclub@yahoo.com](mailto:lhtrackclub@yahoo.com) (513) 850-1053

\*Competitors should bring their own implements to be used at the Meet.

- This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.

## ORDER OF EVENTS

### All field events      9:00 a.m.      **3 Jumps/Throws**

**Boys LJ** - Seniors-Youth: Midgets, Bantam, Primary

Girls LJ – Seniors-Youth: Midgets, Bantam, Primary

**Boys/Girls HJ** – All jumpers report

Boys Discus – All age groups report

**Girls Shot** – Primary-Bantam, Midget, Youth Seniors

Girls Discus – All age groups report

**Boys Shot** – Primary, Bantam, Midget, Youth, Seniors

Triple Jump -All-Youth, Intermediate, Young Men, Young Women

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### Running Events      9:45a.m.

3000m

80/100/110 hurdles

100m (8 fastest to finals)

1500m

100m Finals

4x100m

400

50m Fun Run (1-5yrs)

800m.

200m.

4x400m

#### **Primary ages 8 & Under (born 2002-05)**

100m, 200m, 400m, 800m, 4x100, long jump and shot put

#### **Bantam ages 9-10 (2000-2001)**

100m – 1500m, long jump, high jump, shot put, 4x100m, 4x400m

#### **Midget ages 11-12 (1998-1999)**

100m – 3000m, 80m. hurdles, 4x100, 4x400, long jump, high jump shot, discus

#### **Youth ages 13-14 (1996-1997)**

100m – 3000m, 100m. hurdles, 4x100, 4x400, long jump, high jump shot, discus, triple jump

#### **Intermediate ages 15-16 (1994-1995)**

100m – 3000m, 100/110 hurdles, 4x100, 4x400, long jump, high jump shot, discus, triple jump

#### **Young Men/Young Women (1991-1993)**

100m – 3000m, 100/110 hurdles, 4x100, 4x400, long jump, high jump shot, discus, triple jump

All events are timed finals except the 100 meter. Age groups may be combined for the 800 – 3000 meter run

- (4) Event Maximum for Youth and above. (3) event maximum for Midget and below
- All athletes are to report by the second call. If the athlete has not reported to the clerking area by the start of the first heat, the athlete will not be permitted to participate in that race.
- **ALL COACHES AND SPECTATORS ARE PROHIBITED FROM THE INFIELD AND THE TRACK ONCE THE TRACK EVENTS BEGIN. IF A TRACK COACH OR SPECTATOR REFUSES TO REMOVE HIM/HERSELF FROM UNAUTHORIZED AREAS IT WILL RESULT IN THE DISQUALIFICATION OF YOUR ATHLETE(S) IN THE PARTICULAR EVENT.**
- Good sportsmanship is expected of all coaches and athletes during the event.
- Relay team members must be members of the team they represent and must wear uniforms of the same color.
- Throwing the baton following the finish of any relay will cause the relay team to be automatically disqualified from the event.

**Awards: Medals will be given for 1<sup>st</sup> – 3<sup>rd</sup> place. Ribbons for 4<sup>th</sup> – 6<sup>th</sup>**



