



Ozark District  
Sanction#

## U.City Xplosion Invitational Sunday, May 12, 2013

**LOCATION:** University City High School, 7401 Balson Road. Directions: Highway 40 to 170 North to Olive Street Road. East on Olive, South on Hanley to Balson. Make left to track **OR** Highway 70 to 170 to Olive St. Rd., East on Olive, South on Hanley to Balson, make left to track. Parking available on Balson Road and Jackson Park Elementary school lot directly across the street from track.

**ENTRY FEES:** \$10.00 per athlete entered online at [www.coacho.com](http://www.coacho.com) by Friday, **May 10, 2013 11:59 p.m.** The meet is open to clubs and unattached athletes. **NO LATE ENTRIES or MODIFICATIONS.** Fees must be paid on line by the close of the meet registration. No surcharge will be applied and a credit card must be used. Credit/check cards can be purchased at many convenience stores.

**ENTRY LIMITATIONS:** 6 & Under thru 11-12 divisions – 3 events. 13-14 and 15-16/17-18 divisions may enter 4 events. All athletes in 15-16 and 17-18 will be combined and medal as the OPEN age division, [1998 and before]. Athletes who are still 18 as of August 3, 2013 may still compete. There will be no sub-categories. 9/10, 11/12, 13/14 will compete and medal in one category.

**AWARDS:** Medals for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places. Ribbons for 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> places. 6 & under athletes will receive participation ribbons at the finish line. All races are timed finals. 6 & under will not be timed nor placed; however, if you would like to time your own athlete, feel free to bring a stopwatch. 15-16/17-18 will medal as one age group.

**ENTRIES:** **ALL ENTRIES MUST BE COMPLETED ON-LINE BY FRIDAY, MAY 10 BY 11:59 p.m.**

**MEET DIRECTOR:** Reggie McNeil, [uc\\_xplosion@yahoo.com](mailto:uc_xplosion@yahoo.com)

**GENERAL INFORMATION:** Coaches meeting at 8:15 a.m. Track and field events begin at 8:30 a.m. All running events will be timed finals. There will be no prelims or semis. Pee Wee events will ribbon at the finish line with no times.

Long Jump begins at 8:00 a.m. All other Field events begin at 8:30 a.m. and will be run in rounds with 3 tries each. High Jump is excluded from this rule. All athletes must notify the event official when leaving for a running event and must be ready to resume 10 minutes after completion of running event.

**EQUIPMENT:** Throwing implements will be provided. Athletes must bring their own javelins. Javelins will be pooled for competition. No spikes longer than 1/8" will be allowed on the track.

**CONCESSIONS:** Available at the track. No bar-b-que pits allowed.

**Please remember U. City School District is a smoke-free, alcohol-free facility.  
No pets allowed in the stadium.**



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**ORDER OF EVENTS:**

**RUNNING EVENTS - BEGIN AT 8:30 A.M.**

TIMED FINAL	80 METER HURDLES	11-12
TIMED FINAL	100/110 HURDLES	13-14 through 15-16/17-18
TIMED FINAL	3000 METER RUN	11-12 through 15-16/17-18
HEAT FINAL	55 METER DASH	6 & under BACK STRETCH (during 100s)
HEAT FINAL	100 Meter Dash	6 & under BACK STRETCH (during 100s)
TIMED FINAL	100 METER DASH	7-8 through 15-16/17-18
TIMED FINAL	1500 Meter Run	7-8 through 15-16/17-18
TIMED FINAL	4 00 Meter Run	7-8 through 15-16/17-18
TIMED FINAL	1500 M Race Walk	9-10 through 15-16/17-18
TIMED FINAL	200/400 Meter Hurdles	13-14 through 15-16/17-18
TIMED FINAL	800 Meter Run	7-8 through 15-16/17-18
TIMED FINAL	4 X 400	9-10 through 15-16/17-18

**Note:** All running events will be run girls first, then boys, from youngest to oldest within each event. We reserve the right to run age groups and/or genders together in the 1500 run and 3000 run.

**FIELD EVENTS – BEGIN AT 8:30 A.M. EXCEPT LONG JUMP BEGINS AT 8:00 A.M.**

<b>LONG JUMP #1</b>	<b>LONG JUMP #2</b>	<b>HIGH JUMP</b>	<b>SHOT PUT#1</b>	<b>SHOT PUT #2</b>
7-8 Girls	7-8 Boys	15-16/17-18 Women	9-10 Girls	9-10 Boys
6&under Girls	6&under Boys	15-16/17-18 Men	11-12 Girls	11-12 Boys
9-10 Girls	9-10 Boys	13-14 Girls	7-8 Girls	7-8 Boys
11-12 Girls	11-12 Boys	13-14 Boys	15-16/17-18 Women	15-16/17-18 Men
15-16/17-18 Women	15-16/17-18 Men	11-12 Girls	13-14 Girls	13-14 Boys
13-14 Girls	13-14 Boys	11-12 Boys		
		9-10 Girls		
		9-10 Boys		
<b>Javelin 2:00 Start</b>			<b>Discus (Start immediately after Shot)</b>	
13-14, 15-16/17-18 Girls			15-16/17-18 Girls/Boys	
13-14, 15-16/17-18 Boys			13-14 Girls/Boys	
			11-12 Girls/Boys	



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## 2013 U. CITY XPLOSION INVITATIONAL EVENTS LIST

### 6 & Under (07 and later)

55 meter dash  
100 meter dash  
Long Jump

### 7-8 years old Division (Born 05-06)

100 Meter Dash  
400 Meter Dash  
800 Meter Run  
1500 Meter Run  
Long Jump  
Shot Put

### 9-10 years old Division (Born 03 ⇒ 04)

100 Meter Dash  
400 Meter Dash  
800 Meter Run  
1500 Meter Run  
4 X 400 Meter Relay  
1500 Meter Race Walk  
Long Jump  
Shot Put (6 lb.)  
High Jump

### 11-12 years old (Born 01 ⇒ 02)

100 Meter Dash  
400 Meter Dash  
800 Meter Dash  
1500 Meter Dash  
3000 Meter Run  
4x400 Meter Relay  
Long Jump  
Shot Put (6 lb)  
80 Meter Hurdles  
High Jump  
Discus  
1500 Meter Racewalk

### 13-14 years old Division (Born 99 ⇒ 00)

100 Meter Dash  
400 Meter Dash  
800 Meter Run  
1500 Meter Run  
3000 Meter Run  
4 X 400 Meter Relay  
Long Jump  
High Jump  
Shot Put (6 lb Girls)  
(4 kg Boys)  
100meter hurdles  
Discus  
1500 meter Race Walk  
200 Meter Hurdles  
Javelin

### 15-16/17-18 years old (Born 95⇒ 98)

100 Meter Dash  
400 Meter Dash  
800 Meter Run  
1500 Meter Run  
  
3000 Meter Run  
4 x 400 Meter Relay  
High Jump  
Long Jump  
Shot Put (4 KG. Girls)  
(12 lb. Boys)  
100/110 Meter Hurdles  
Discus  
1500 Meter Race Walk  
400 Meter Hurdles  
Javelin

- 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.
- AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connect. Participants are encouraged to visit the AAU web site [www.aausports.org](http://www.aausports.org) to obtain their membership.
- Be Prepared: Adult and Non Athlete memberships are no longer instant and cannot be applied for at event. Please allow 10 days for membership to be processed.
- Note: Any contacts listed within this flyer MUST have a current valid AAU Membership.

