

Second Annual



MIDWEST TRACK AND FIELD SHOWCASE & TEAM CHAMPIONSHIPS

Saturday, July 12, 2014

**Battle High School
7575 Saint Charles Road
Columbia, MO 65202**

Open to Clubs & Unattached Athletes from AAU, USATF & Unaffiliated

FIELD EVENTS: 8:00am

RUNNING EVENTS: Race Walks 8:00am 9:00am 3000m Run starts

HOSTS: Columbia's Blue Thunder Track Club & Lee's Summit's Excelerate Track Club

REGISTRATION DEADLINE: Wednesday, July 9, 2014 by 11:59pm

ENTRY FEE: \$15.00 PER ATHLETE to be entered by a club designee at www.CoachO.com. Fees must be paid online by the close of registration deadline.

AGE GROUPS: 2 year age groups; 8 & under (primary), 9-10 (bantam), 11-12 (midget), 13-14 (youth), 15-16 (intermediate), 17-18 (young M/W). Athletes who are still 18 as of August 3, 2014 may still compete.

ENTRY LIMITATIONS: 11-12 (midget) & younger - 3 events 13-14 (youth) & older - 4 events

GATE ADMISSION: \$3.00 per person. 5 years and under FREE!

This event is licensed 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 Youth Athlete membership must be obtained before the competition begins. BE PREPARED! Adult and Non Athlete memberships are no longer instant and cannot be applied for at event. Please allow at least 10 days for membership to be processed. Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership.

RUNNING EVENTS: Race Walk begins at 8:00am. The remaining running events will begin at 9:00am and are all timed finals, on a rolling schedule. Events will run girls first, then boys, starting with 8 & under (primary). Some events may have combined groups (girls/boys) if there are less than 8 athletes entered in an event age group.

****Warm ups will not be allowed in the infield. See attached map for location of warm up area****

FIELD EVENTS: First field events will begin at 8:00am by order on following sheet. Three (3) attempts for all jumps, NO FINALS. Four (4) attempts for all throws, NO FINALS. Some field events may be combined (girls/boys). So, please listen carefully to event calls from the announcer.

****Competitors should bring their own implements to be used at meet****

POINTS: Point format: 1st-10 2nd-8 3rd-6 4th-5 5th-4 6th-3 7th 2 8th-1

AWARDS : Individual Medals: Gold, Silver & Bronze for all events

Small Club (25 or less registrations) Overall Team Points: 1st, 2nd & 3rd Place Plaques

Large Club (26 or more registrations) Overall Team Points: 1st, 2nd & 3rd Place Plaques

WEATHER: The meet will only be cancelled in the event of inclement weather which would jeopardize the safety of the participants (lightning-hail-heavy rain). In all other cases of inclement weather, 30 minute delays in meet may occur.

TENTS: Tents/Canopies are only allowed on the top row of both grandstands & in "Tent City" area behind the scoreboard opposite of the school building.

INFIELD: Only competing athletes may be in heating area. Checked-in athletes, meet officials and volunteers are allowed on the infield. Refusal to cooperate will lead to disqualification of child or team. Athletes must leave the track and field area through south gate at the completion of his/her event.

Packet Pick-up: 7:00am – 8:30am

Coaches Meeting: During Race Walk

Concession stand with refreshments will be available at this meet.

FOR ADDITIONAL INFORMATION, PLEASE CONTACT:

Ben Vineyard

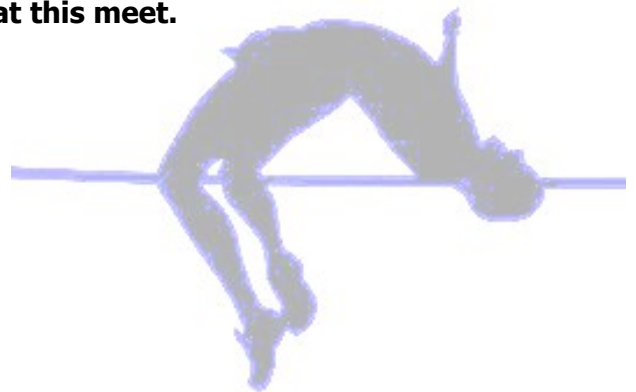
ben@bessi.net

(573) 864-0109

David Green

TeamExcelerate@live.com

(816) 686-2069



Directions from I-70: Take Saint Charles exit (131), turn North on to St. Charles Rd. Keep right on the traffic circle staying with St. Charles Road. Continue on for about a mile passing the golf course on the left. Turn left on Battle, and then turn right on Spartan.

FIELD EVENTS

Shot Put 8 & under (Primary) through 17-18 (Young M/W)

Order: 8 & u (Primary), 9-10 (Bantam), 11-12 (Midget), 13-14 (Youth), 15-16 (Intermediate), 17-18 (Young M/W)

Discus 11-12 (Midget) through 17-18 (Young M/W)

Order: 11-12 (Midget), 13-14 (Youth), 15-16 (Intermediate), 17-18 (Young M/W)

Turbo Javelin 8 & under (Primary) through 11-12 (Midget)

Order: 11-12 (Midget), 9-10 (Bantam), 8 & u (Primary)

Triple Jump 13-14 (Youth) through 17-18 (Young M/W)

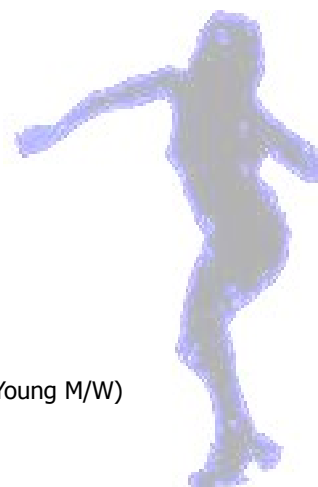
Order: 13-14 (Youth), 15-16 (Intermediate), 17-18 (Young M/W)

Long Jump 8 & under (Primary) through 17-18 (Young M/W)

Order: 8 & u (Primary), 9-10 (Bantam), 11-12 (Midget), 13-14 (Youth), 15-16 (Intermediate), 17-18 (Young M/W)

High Jump 9-10 (Bantam) through 17-18 (Young M/W)

Order: 17-18 (Young M/W), 15-16 (Intermediate), 13-14 (Youth), 11-12 (Midget), 9-10 (Bantam)



First field events will begin at 8:00am by order listed. 3 attempts for all jumps, NO FINALS. 4 for all throws, NO FINALS. Some field events may be combined (girls/boys). So, please listen carefully to event calls from the announcer.

**** Competitors should bring their own implements to be used at meet****

RUNNING EVENTS

1500m Race Walk

3000m Race Walk

3000m Run

80m Hurdles

100m Hurdles

110m Hurdles

4x800m Relay

100m Dash

4x100m Relay

400m Dash

1500m Run

200m Hurdles

400m Hurdles

200m Dash

800m Run

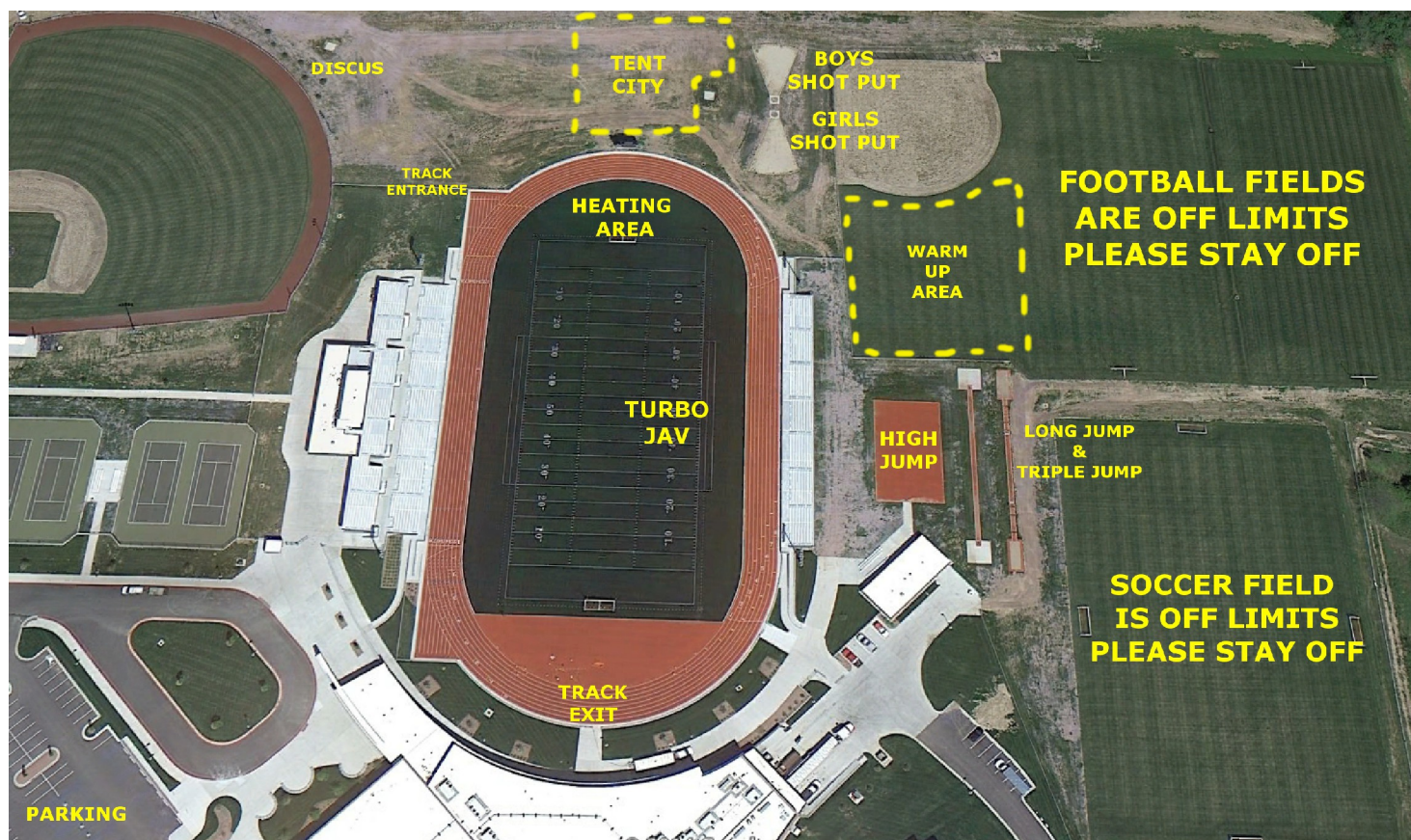
4x400 Relay



First events on the track will begin at 8:00am starting with the Race Walk. All running events will be timed finals, on a rolling schedule. Events will run girls first, then boys, starting youngest age group with exception of high jump. Some events may have combined age groups if there are less than 8 athletes entered in an event age group.

****Warm ups will not be allowed in the infield. See attached map for location of warm up area****

FACILITY MAP



SPECIAL NOTES:

- *Fully Automatic Timing (F.A.T.) and Results will be used.
- *Only use spikes ¼" in length or shorter.
- *Please stay off of the football and soccer practice fields.
- *Respect the facility and keep it clean.
- *Results will be posted to www.CoachO.com once released.

HOTELS NEAR BATTLE HIGH SCHOOL

Hampton Inn

3410 Clark Ln
Columbia, MO 65202
[573-886-9392](tel:573-886-9392)

Holiday Inn Columbia East

915 Port Way
Columbia, MO 65201
[573-474-4444](tel:573-474-4444)

Holiday Inn Express

402 Cinnamon Hill
Columbia, MO 65109
[573-443-2615](tel:573-443-2615)

Fairfield Inn

1115 Woodland Springs Ct
Columbia, MO 65202
[573-886-8888](tel:573-886-8888)

Super 8 Columbia East

5700 Freedom Drive
Columbia, MO 65202
[573-474-8307](tel:573-474-8307)