

Founded - August 1995



**SEVENTH ANNUAL INVITATIONAL
SATURDAY MAY 30th 2009**

Gideonites Track & Field Club, Inc.
957 East-West Highway, #27
Forestville, MD

Telephone: (301) 442-2033
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GIDEONITES INVITATIONAL

Date: Saturday May 30th 2009

Registration: 7:00am – 10:00am

Coaches meeting: 8:00am

Time 1st Race: 8:30am

Meet Director: Keith Chapman

Tel: (301) 442-2033(c)

(301) 929-7393(w)

krchapman02@aol.com

Meet Administrators:

Valencia Martin (Lead) 240-460 1186

Yvette Bell Crawford 202-361-0930

Stephanie Gordon 301-356-6177

Shawna Carter 301-646-4347

Venue: Bishop McNamara High School

6800 Marlboro Pike

Forestville, Md 20741

Entry Fees: \$5.00 per athlete; \$12 per relay

\$350.00 maximum team fee

includes 8 relays

Entries must be done online

www.coacho.com by midnight Tuesday May

26th 2009

Awards: Medals for top 6 in each event

Rules and Regulations

Age Group: Age determined as of December 31, 2009

Sub Bantam- 8 & under born 2001 & after

Midget---11/12 born 1997/1998

Intermediate---15/16 born 1993/1994

Bantam---9/10 born 1999/2000

Youth----13/14 born 1995/1996

Young Men/Women----17/18 born 1991/1992 or turning 19 after
August 10th 2009

Disqualification: Age violations will disqualify individuals or entire team if found in violation. Birth Certificate may be requested if an athlete's age is challenged

Event Limitations: Maximum of (3) three events per athlete including relays for 12 and under. Maximum of (4) four events including relays for 13 and up. Violation will result in disqualification of athlete or team. **Maximum of (4) four entrants per sex/age group in the 400 meters**

No bare feet or stocking feet. Shirts required.

Maximum ¼ inch spike

Lane assignments by random drawing.

Supply your own starting blocks, batons, shot put, discus, turbo jav

Name/Club stickers will not be provided **but MUST be worn by all athletes**

Relay team members must have same tops or jerseys.

Clean Up: Please bring trash bags to police your area during the track meet and before you leave

Coaches please talk to your athletes about their conduct and language at the meet, especially the restrooms. Ask them to please do not put paper towels in the toilet or sinks. **Each team will be held responsible for their athletes, parents and coaches conduct, and any destruction of property, etc.**

Any team that has a racewalker please provide one volunteer official. See the meet director when you arrive.

Remember entries must be done on www.coacho.com by midnight 5/26/09

If you are paying the team fee (\$350.00)please email me the total number of athletes krchapman02@aol.com

Meet will be sanctioned by USATF

**NO PARKING IN THE FIRE LANES
YOU WILL BE TOWED**

CLUB/ATHLETE DISCLAIMER

In consideration of my athlete/my team _____ entering the Gideonites Track & Field Club, Inc. Invitational Track Meet, I automatically waive and release all claims for damage or injury against the Gideonites Track and Field Club, Inc., and all of their representatives and Bishop McNamara High School and all of their representatives. I verify that my athlete/my team is physically fit and have trained sufficiently for this competition. I further grant full permission to use any and all of the foregoing to photograph, and for records of this event for any legitimate purpose.

I further understand that I/my team will be held responsible for any/all damages to the property by me or anyone associated to my organization.

Coach Printed Name **Coach Signature** **Date**

Witness Printed Name **Witness Signature** **Date**

ORDER OF EVENTS

Entries must be done on www.coacho.com by 5/26/09

3000m racewalk-----13/14, 15/16, 17/18 m/f
400m finals----- 8& under, 9/10 m/f
3000m finals-----11/12, 13/14, 15/16, 17/18 m/f
80m hurdles finals-----11/12 m/f
100m hurdles finals-----13/14 m/f, 15/16 f, 17/18 f
110m hurdles finals-----15/16 m, 17/18 m
100m semis----- all ages (*NO BLOCKS ALLOWED*)
1500m racewalk final 9/10,11/12,13/14,15/16,17/18m/f
Sprint Medley Relay finals —(100,100,200,400)
one per team/per sex/age group-----9/10, 11/12,13/14 m/f
1500m finals-----9/10, 11/12, 13/14, 15/16, 17,18m/f
100m finals all ages
50m dash fun race----6 & under
400m finals-----11/12, 13/14, 15/16, 17/18 m/f
4x800 relay finals-----11/12, 13/14, 15/16, 17/18 m/f
200m hurdles-----13/14 m/f
4x100m relays finals-----all ages
800m finals-----all ages
200m finals-----all ages (NO BLOCKS ALLOWED)
4x400m relay final--9/10,11/12,13/14,15/16,17/18 m/f

FIELD EVENTS

Long Jump-----8& under to 17/18 m/f
Shot Put-----17/18 to 8 & under m/f
High Jump----- 9/10 to 17/18 m/f
Triple Jump-----13/14 to 17/18 m/f
Turbo Jav-----9/10 to 11/12 m/f
Discus-----11/12 to 17/18 m/f