

***THE 11<sup>TH</sup> ANNUAL ATLANTIC COAST  
TRACK INVITATIONAL  
2009***

**TRACK AND FIELD MEET**

Lakeland High School  
214 Kenyon Rd.  
Suffolk, VA 23434

**DATE:** Saturday, June 20 7:30am

**HOST:** Atlantic Coast Track League

**MEET DIRECTOR:** Vincent Pugh 757.635.8284

**RULES:** In accordance with USA Track and Field Rules

**SANCTION:** USATF

**AWARDS:** Top eight finishers in all events will receive awards.  
First, second and third place finishers in all events will receive a Customized Medal. Fourth thru eight place finishers will receive ribbons. The top three overall teams (boys and girls combined) will receive a trophy. Awards will be in bulk form by team and can be picked up after the meet.

**ELIGIBILITY:** A competitor in Sub Bantam, Bantam, or Midget may enter a maximum of three events, including relays. Competitors in Youth, Intermediate, or Young M/W and Open may enter a maximum of four events.

**AGE DIVISIONS:** Sub Bantam – born 2001 and later  
Bantam – born 1999 or 2000  
Midget – born 1997 or 1998  
Youth – born 1995 or 1996  
Intermediate – born 1993 or 1994  
Young M/W – born on or after June 21, 1990 thru 1992  
Open – born before June 21, 1990

**ENTRY INFO:** \$5.00 per event and \$10.00 per relay team  
All entries will be done at <http://www.coacho.com>.  
**Entries will close June 16 @ 11:59pm.** All payments must be done online.

**FACILITIES:** 400 meter all weather track w/ 8 lanes 42"; all weather

runways and concrete circles; FAT timing. Concession stand open during meet. No tape decks, radios or glass containers allowed in the Stadium. Tents and/or umbrellas will be allowed on the top row of the Stadium only, but not in front of the Press Box. Restrooms on facility, and no open grills.

**RULES &**

**REGULATIONS:** No bare feet or stocking feet; shirts required; max 1/4” spikes; Athletes on all relay teams must be dressed in the same uniform; Maximum of two relays per age group.

**EQUIPMENT:** Blocks will NOT be allowed. Throwers must use their own implements, and may be subject to inspection.

**SCHEDULE OF EVENTS**

**FIELD EVENTS:**

7:30 – Long Jump	Boys Runway # 1	SB, Ban, Midget	
Long Jump	Girls Runway # 2	SB, Ban, Midget	
Shot Put	Boys and Girls	Bantam, Midget, Youth	
Discus	Boys and Girls	IW, IB, YW, YM	
9:30* – Long Jump	Boys Runway # 1	Youth, IB, YM & O	* - Starting times are approximate – the LJ SP, and Discus will start after the younger age groups are finished.
Long Jump	Girls Runway # 2	Youth, IG, YW & O	
Shot Put	Boys and Girls	IG, IB, YW, YW	
High Jump	Girls	All Age Groups	
Discus	Boys and Girls	Midget and Youth	
10:45 – High Jump	Boys	All Age Groups	
11:30 – Triple Jump	Boys Runway # 1	Youth, IB & YM	
Triple Jump	Girls Runway # 2	Youth, IG & YW	
1:00 – Pole Vault	Girls followed by boys	IG, YW, O & IB, YM, O	

**RUNNING EVENTS:**

**WE WILL USE A ROLLING SCHEDULE**

8:45 – 3000m	Boys and Girls	Midget, Youth, IG, IB, YW, YM, O
80/100m Hurdles	Boys and Girls	Midget & Youth
100m Hurdles	Girls	IG & YW
110 m Hurdles	Boys	IB & YM
100m Dash	Boys and Girls	ALL
4 X 800 Relay	Boys and Girls	Youth, IG, IB, YW, YM
200m Hurdles	Boys and Girls	Youth
400m Hurdles	Boys and Girls	IG, YW, IB, YM
1500m run	Boys and Girls	ALL
4 x 100 Relay	Boys and Girls	ALL
400m Dash	Boys and Girls	ALL
800m run	Boys and Girls	ALL

200m Dash            Boys and Girls        ALL  
4 X 400m Relay      Boys and Girls        ALL

IN ALL EVENTS, UNLESS OTHERWISE NOTED, THE ORDER WILL  
PROGRESS FROM THE YOUNGEST – GIRLS FIRST – TO THE OLDEST.

**NOTE: All events are FINALS.**

## **EVENTS BY AGE DIVISION**

### **SUB BANTAM**

100m    1500m  
200m    4 X 100 Relay  
400m    4 X 400 Relay  
800m    Long Jump

### **BANTAM**

100m    4 X 100 Relay  
200m    4 X 400 Relay  
400m    Shot Put  
800m    Long Jump  
1500m   High Jump

### **MIDGET**

100m    4 X 100 Relay  
200m    4 X 400 Relay  
400m    Long Jump  
800m    High Jump  
1500m   Discus  
3000m   Shot Put  
80m Hurdles

### **YOUTH**

100m    4 X 100 Relay  
200m    4 X 400 Relay  
400m    4 X 800 Relay  
800m    Long Jump  
1500m   Triple Jump  
3000m   High Jump  
100m Hurdles    Discus  
200m Hurdles    Shot Put

### **INTERMEDIATE AND YOUNG MEN/WOMEN**

100m            4 X 100 Relay  
200m            4 X 400 Relay  
400m            4 X 800 Relay  
800m            Long Jump  
1500m           High Jump  
3000m           Triple Jump  
100 Hurdles (Girls)    Shot Put  
110 Hurdles (Boys)    Discus  
400m Hurdles        Pole Vault

### **OPEN (men and women)**

100m            4 x 100  
200m            4 x 400  
400m            Long Jump  
800m            Triple Jump  
1500m           High Jump  
3000m           Pole Vault

