



## **Russell Track Club Youth Track Meet**



**Sunday April 14, 2019 @ 12:00p.m. – Russell High School Track**

This is not an AAU Sanctioned meet.

There will be 3 age divisions (girls & boys in each) based upon current grade in school.

### **Division 1 (Grades 1st & 2nd)**

50 meter Dash  
 100 meter Dash  
 200 meter Dash  
 400 meter Dash  
 800 meter Run  
 4x100 meter Relay  
 Long Jump  
 Turbo Javelin (300 Gram)

### **Division 2 (Grades 3rd & 4th)**

100 meter Dash  
 200 meter Dash  
 400 meter Dash  
 800 meter Run  
 1600 meter Run  
 4x100 meter Relay  
 Long Jump  
 High Jump  
 Turbo Javelin (400 Gram)  
 Shot Put (G-3lb & B-4lb)

### **Division 3 (Grades 5th & 6th)**

100 meter Dash  
 200 meter Dash  
 400 meter Dash  
 800 meter Run  
 1600 meter Run  
 100 meter Hurdles (30 in.)  
 4x100 meter Relay  
 Long Jump  
 High Jump  
 Turbo Javelin (500 Gram)  
 Shot Put (G-4lb & B-6lb)  
 Discus (B&G – 1kg)

**\*Field Event Equipment will be provided by Russell Track Club**

Early registration is **appreciated**, fee is \$15.00, ends Friday April 12, at 11:59pm. Walk-up registration is accepted, fee is \$25.00. Fees are per athlete registered. There will be **NO REFUNDS** and **Bad Weather cancels this meet.**

Athletes will be allowed to enter up to a maximum of 4 events – 3 individual + 1 relay!

Participants will be allowed 3 attempts in all throws and jumps.

All running events are final against time, no Prelims.

#### *Schedule:*

10:00 – Walk-up registration begins, please allow sufficient time in case of a line!!

**11:00 – Walk-Up Registration Closes**

**11:30 - Emailed (Pre-registered) Form Check-in Confirmation Closes**

11:45 – Field event check-in and warm-up begins at events

**12:00 – Field Events Begin!**

1:00 – Running event check-in begins

**1:30 – Running Events Begin!**

**Day of meet announcements will take precedence over printed material!**



**Russell Track Club Youth Track Meet**



Participant Name: \_\_\_\_\_

Participant Phone #: \_\_\_\_\_ Email: \_\_\_\_\_

Participant Town: \_\_\_\_\_

Participant Grade: \_\_\_\_\_ Division: (circle) Division 1 Division 2 Division 3

Gender - (circle): Boy or Girl

Did You Participate in this meet last year? (circle): YES or NO

May select up to 4 events maximum: 3 individual + 1 relay

1<sup>st</sup> Event- \_\_\_\_\_ 2<sup>nd</sup> Event- \_\_\_\_\_ 3<sup>rd</sup> Event- \_\_\_\_\_

**IF RELAY- 4x100**

**Please List Relay Runners Below:**

1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_ 4) \_\_\_\_\_

Medals will be awarded for places 1<sup>st</sup> – 3<sup>rd</sup>, and ribbons for 4<sup>th</sup> – 6<sup>th</sup>.

Concession stand will be available until completion of meet.

Russell High School Track is located at: 565 State St.

**Please email completed entry forms to [russelltrackclub@gmail.com](mailto:russelltrackclub@gmail.com) or print and mail w/check to**

Russell Track Club  
3696 184<sup>th</sup> St.  
Russell, KS 67665

*An email confirmation will be sent after entry is received!*

**Payment is due at check-in on emailed forms**

Questions: Please email the above listed address or call (785)483-1378

## RELEASE OF LIABILITY

It is specifically understood the participation in track and field events has potential dangers. I acknowledge that potential and understand that the Russell Track Club and its workers are not liable for any claims arising out of injury or accident.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Participant Name: \_\_\_\_\_