



ALL-COMERS Track Meet

Wednesday July 20, 2016 John Gudgel Track Yellow Springs

SANCTIONED BY: OHIO ASSOCIATION of USATF

Registration: 5:00—6:00

Field Events:

5:30 LJ followed by TJ
High Jump
Javelin followed by SP

6:00 Discus

Youth: 3 attempts

Junior, Open and Masters : 6 attempts

Running Events:

5:45 3000m RW
6:30 100m dash 6 and under
6:45 100m
1500m
200m
800m
400m
3000m

SPECIAL

100 Meter Dash for Kids

(4&U and 5-6 years of age)

Ribbons to all Finishers

Entry Fee US\$ 3.—

Age Groups	Youth B&G: 8 and under; 9/10; 11/12; 13/14; 15/16; Junior M&W (17-19); Open M&W (20-34) Masters M&W in 5 year age groups (35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-79, 80 and up)
Event Limits	12 and under, 3 events; 13-16, 4 events; Junior, Open and Master unlimited
Results	Results will be posted at www.swohiotc.org , results posted by age categories
High Jump	Starting height is as needed but not lower than 3 feet. 3 Inch increments afterwards. All athletes regardless of age or gender compete in the same flight. High Jump competition will not be halted for any reason except for lightning.
Field Events	All field events with the exception of the High Jump are either run in flights or open pit, depending on the sign up at meet day. Listen to the announcements! Youth 3 attempts, Junior, Open and Masters 6 attempts if desired. Check in for all field events at the venue
Track check in	All running events check in at the starting line, the meet will run on a rolling schedule
Entry Fee	US\$ 8.— per athlete, payable at day of meet when registering. Cash or check no credit or debit cards accepted. Entry fee is not reimbursable if meet has to be cancelled due to weather.
Awards	Everyone who finishes 2 events receives an award
Inclement Weather	<u>Text SWOhioTC to 84483 to receive real time text messages for all Southwest Ohio Track Club Track Meets.</u> On the day of the meet check www.swohiotc.org or call (815) 990 8452 for information in regard to potential cancellation. Once the meet has started, we will follow applicable postpone and or cancelling procedures in case of lightning.
Concession	Concession stand will be open
Facilities	400m all weather track, 115 feet LJ run up; 90 feet TJ run up, Restrooms, no showers or lockers
Location	John Gudgel Track, Yellow Springs High School, 420 E Enon Rd, Yellow Springs, OH 45387
Directions	From North, West and East: Take I-70 to US #68 & go South to Yellow Springs. Turn Right (West) onto West South College Rd. (at 3rd light). Go West 1 mile to HS. From South: Take I-675 to Dayton-Yellow Springs Rd Exit (Exit #20 at Fairborn HS) Turn Right (East) on Dayton-Yellow Springs Rd. and go 6 miles to Yellow Springs. Turn right onto East Enon Rd to HS on right.
Information	For more info go to www.swohiotc.org or send e-mail to info@swohiotc.org