



Mini Meet

SANCTIONED BY: OHIO ASSOCIATION of USATF

Wednesday June 08, 2016

Wednesday June 15, 2016

Wednesday June 29, 2016

June 08, 2016

5:00-6:00 Registration
5:00 Field warm up starts
5:30 LJ, HJ, Disc; followed by TJ, SP
5:45 1500m RW
5:45 Hurdle check in
6:15 80/100/110m Hu
6:45 100m
1500m
200m
3000m
4x100m

June 15, 2016

5:00-6:00 Registration
5:00 Field warm up starts
5:30 LJ, HJ, Jav ; followed by TJ, SP
5:45 3000m RW
6:00 Hurdle check in
6:15 200/400m Hu
6:45 100m
800m
400m
5000m
Sprint medley (100-100-200-400)

June 29, 2016

5:00-6:00 Registration
5:00 Field warm up starts
5:30 LJ, HJ, Disc ; followed by TJ, SP
5:45 1500m RW
5:45 Hurdle check in
6:15 80/100/110m Hu
6:45 100m
1500m
200m
3000m
4x100m

- Age Groups** B&G Y8 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! All categories 16 and under 3 attempts, Junior, Open and Masters 6 attempts if desired. Check in for all field events at the venue
- Hurdles check in** Hurdles check in is behind the white trailer at the finish line. If you are not at hurdle check in by the listed time above you will not run hurdles. No exceptions!
- 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 canceled due to weather.**
- Awards** Everyone who finishes 2 events receives an award
- Inclement Weather** Text **SWOhioTC** to 84483 to receive real time text messages for all Southwest Ohio Track Club Track Meets. 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 canceling procedure.
- 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