***LIGHTNING RUNNING CLUB* *Youth Track & Field Meet***

**Sunday, April 22, 2018 Linganore High School**

 **12013 Old Annapolis Rd. Frederick, MD 21701**

**11:30 – Registration opens; 12:30 - Coaches Meeting;**

**12:45 – Field Events start; 1:00 - Track Events start**

**Entry Fees: $6 per athlete.**

**Concessions will be offered for sale. Awards: Ribbons for 4th - 6th places.**

 **Participant ribbons for all 6 & Under competitors.**

**Event Limit (includes relay): Ages 6 under – TWO; Ages 13 and Up – FOUR; all others - THREE**.

**Age is as of DECEMBER 31, 2018**

**=================================================================**

**ORDER of EVENTS:**

***Track Events* *Field Events***

**200m/400m Hurdles -** (13/14), (15/18) **\*Long Jump –** (Pit A - 6U, 7/8, 15/18)

**3,000m Run** (11/12, 13/14, 15/18)(Pit B - 9/10, 11/12, 13/14)

**50m Dash** (6 and Under) **High Jump -** (15/18, 13/14, 11/12, 9/10)

**100m Dash** (7/8, 9/10, 11/12, 13/14, 15/18) **\*Shot Put -** (7/8, 9/10, 11/12, 13/14, 15/18)

**800m Run -** (7/8, 9/10, 11/12, 13/14, 15/18) **\*Turbo Javelin -** (11/12, 9/10, 7/8)

**80m Hurdles –** (11/12) **(*\* three attempts, no finals)***

**100/110m Hurdles –** (13/14, 15/18)

**4x100m Relay -** (7/8, 9/10, 11/12, 13/14, 15/18)

**400m Dash -** (7/8, 9/10, 11/12, 13/14, 15/18)

**1,500m Run -** (7/8, 9/10, 11/12, 13/14, 15/18)

**200m Dash -** (7/8, 9/10, 11/12, 13/14, 15/18)

**4x400m Relay -** (7/8, 9/10, 11/12, 13/14, 15/18)

**=================================================================**

**NOTES**: Please provide your own Starting Blocks. Age Group and Gender heats may be combined, depending upon time and number of competitors.

***INFIELD RULES: Only Athletes, Officials and Coaches allowed.***

***LOCAL RULES: Only WATER allowed inside of track fence. No spikes on Infield.***

**Meet Director: Bill Gerhold,** **billygmd@aol.com**