



Freedom Flyers Youth Track Meet

Sunday, May 7, 2023

LOCATION: TBD

MEET DIRECTOR: Erin Lavelle (Erin.Lavelle@FreedomFlyers.club)

ELIGIBILITY: This meet is open to athletes aged 6 (by the end of 2023) to 18 years old. All Athletes can register for a maximum of three (3) events, regardless of their age, plus one (1) relay. This meet is by invite only to ensure the meet size stays reasonable.

AGE GROUPS: Athlete age is determined by the age they will be on December 31, 2023. Awards will be given in the age groups listed below.

- 8 and under (Born 2015 and later)
- 9 to 10 year-old (Born 2013 and 2014)
- 11 to 12 year-old (Born 2011 and 2012)
- 13 to 14 year-old (Born 2009 and 2010)
- 15 to 18 year-old (Born 2005 and 2008)

MEET REGISTRATION: Meet cost is \$10 per athlete and registration must be done on Athletic.net by Thursday, May 4th, 2023 at 11:59 pm. **THERE WILL BE NO SAME DAY REGISTRATION.** The meet schedule will be emailed to all registered teams/athletes no later Saturday afternoon.

PACKET PICKUP: There will be no packet pickup, this is a hip tag only meet.

AWARDS: Individual and Relay events will receive awards from 1st to 8th place. Medals for 1st place and ribbons for 2nd thru 8th place. Awards will be distributed at the FSK Jr Eagles Meet the following weekend. Teams/individuals may choose to pay \$7 to have their awards shipped in a USPS flat rate padded envelope. If you would like to make arrangements to have your awards shipped, please send an email to the meet director with your athlete or team name, address, and phone number.

SPECTATORS: **NO PARENTS OR ATHLETES ARE ALLOWED ON THE INFIELD.** Only coaches and athletes scheduled to run are allowed in, or near, the bullpen. Congregating at the bullpen or exit area is not allowed.

Field events can be viewed from the stands or outside the fence. Absolutely no warming up inside the stadium, infield, or on the track.

CONCESSIONS: Concessions will be provided by Paradise Catering.

Limited water will be available at the finish line for all events 800m and over. All Athletes are responsible for bringing their own water.

RESULTS: Live results will be available at Bullseye.tf. Any discrepancies or problems with results should immediately be brought to the attention of the timing company, Bullseye Running.

VOLUNTEERS: Everyone is needed to make this meet successful! We need as many volunteers as we can get. If you're able to help in any way, please send an email to the meet director.

SCHEDULE: NO EVENT WILL START MORE THAN 15 MINUTES BEFORE THE PUBLISHED TIME! However, if the meet is running late, it may start after the time listed. A final meet schedule will be sent no later than Saturday afternoon and post.

STARTS: Personal starting blocks MAY be used for the 15/18 age group for the 100, 200, 400 and hurdles. Please note, starting blocks WILL NOT be provided.

All sprint events will be run in lanes except for the 400m. Ages 10 and under will start on the waterfall line for the 400m.

Racewalk (the 1500m RW and 3000m RW will start at the same time)

10:45 am 1500m Racewalk (9/10, 11/12)
3000m Racewalk (13/14, 15/18)

Track Order of Events:

11:00 am 3000m (11/12, 13/14, 15/18)
200m Hurdles (13/14)
100m (All age groups)
800m (All age groups)
200m (All age groups)
1500m (All age groups)
80m Hurdles (11/12)
100m Hurdles (Girls - 13/4, 15/18, Boys - 13/14)
110m Hurdles (Boys - 15/18)
400m (All age groups)
4 x 800m Relay (9/10, 11/12, 13/14, 15/18)

Field Events:

12:00 pm Discus (11/12, 13/14, 15/18) - 3 Throws
High Jump (9/10, 11/12, 13/14, 15/18)
Long Jump (All age groups, Oldest to Youngest) - 3 Jumps
Shot Put (All age groups, Oldest to Youngest) - 3 Throws
Turbo Javelin (300g - 7/8, 400g - 9/10, 11/12)

