

Xplosion Mothers Day Invitational Sunday, May 8, 2022

LOCATION: U. City High School, 7401 Balson Road, Saint Louis, MO 63130

ENTRY FEES: \$15.00 per athlete entered online at www.coacho.com by Thursday, May 5, 2022, 11:59 p.m. CST. The meet is open to clubs and unattached athletes. NO LATE ENTRIES or MODIFICATIONS. Fees must be paid online by the close of the meet registration.

ENTRY LIMITATIONS: 5 & Under thru 11-12 divisions – 3 events. 13-14 and 15-16/17-18 divisions may enter 4 events. All athletes in 15-16 and 17-18 will be combined and medal as the 15-18 age division. OPEN age division is age 19 and older and may enter 4 events.

AWARDS: Medals for 1st, 2nd, and 3rd places. Ribbons for 4th, 5th, and 6th places. 5 & under athletes (PEE WEE) will receive participation ribbons at the finish line. All races are timed finals. 5 & under will not be timed nor placed. 15-16/17-18 will medal as the 15-18 age division.

ENTRIES: ALL ENTRIES MUST BE COMPLETED ON-LINE BY THURSDAY, MAY 5th BY 11:59 p.m. CST. ALL ATHLETES MUST HAVE A VALID AAU CARD TO PARTICIPATE.

MEET DIRECTOR: Wanda K. McNeil, ucxplosion@gmail.com

EQUIPMENT: We request that each team bring their own implements for their personal use. However, throwing implements will be provided. No spikes longer than 1/8" will be allowed on the track.

CONCESSIONS: Available at the track. No bar-b-que pits allowed.

**Please remember U. City High School is a smoke-free, alcohol-free facility.
No pets allowed in the stadium.**

TENTS IN DESIGNATED AREAS IN THE BLEACHERS.

Spectators not allowed at the finish line or on the track.

- This event is licensed by the Amateur Athletic Union of the U.S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU Youth Athlete membership must be obtained before the competition begins, except where the event operator has a laptop available with an internet connection.
- Be Prepared: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at an event.
- Due to background screenings, please allow up to 10 days for adult memberships to be processed.
- Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership.

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ORDER OF EVENTS:

All Field events **3 throws/jumps**, except High Jump.

Age groups may be combined.

DISCUS SESSION: START TIME 8 AM

DISCUS: OPEN, 15-18, 13-14, 11-12

ALL OTHER FIELD EVENTS START TIME 9:30

LONG JUMP: 6-8, PEE WEE, 9-10, 11-12, 13-14, 15-18, OPEN

SHOT PUT: OPEN, 15-18, 13-14, 11-12, 9-10, 6-8

HIGH JUMP: OPEN, 15-18, 13-14, 11-12, 9-10

POLE VAULT: CAFETERIA STYLE. **CONTESTED ONLY IF VOLUNTEERS TO CONDUCT.**

RUNNING EVENTS SESSION: START TIME 10 AM

All events are Timed finals.

TIMED FINAL 3000 METER RUN	11-12 through OPEN
TIMED FINAL 80 METER HURDLES	11-12
TIMED FINAL 100/110 HURDLES	13-14 through OPEN
PEE WEE 50/100 METER DASH	BACKSTRETCH
TIMED FINAL 100 METER DASH	6-8 through OPEN
TIMED FINAL 1500 Meter Run	6-8 through OPEN
TIMED FINAL 200 METER DASH	6-8 through OPEN
TIMED FINAL 800 Meter Run	6-8 through OPEN
TIMED FINAL 1500 M Race Walk	9-10 through OPEN
TIMED FINAL 4 x 400 Meter Relay	9-10 through OPEN

Note:

- All events will be run girls first, then boys.
- We may run age groups together in the 800m run, 1500 run, 3000 run and Race Walk.
- We may combine age groups in Field events. All age groups should be prepared to compete at the start of the Field Event session at 8 AM.