

APRIL 3RD

LET'S GET REAL #3

Roosevelt High School

616 N 2nd St, Johnstown, CO 80534



RUNNING EVENTS

9:30am - 1600m

10:00am - 100H,
110H

11:30am - 100m

11:00am - 300H

11:30am - 4x100m

12:00 pm - 400m

12:45pm - 800m

1:15pm - 200m

FIELD EVENTS

9:30am - Girls Long
Jump, Boys Triple
Jump

10:00am - Girls Shot
Put, Boys Discus

10:30am - Boys and
Girls High Jump

11:30am - Girls
Triple Jump, Boys
Long Jump

12:00pm - Girls
Discus, Boys Shot
Put

REAL TRAINING

PENTATHLON INFORMATION

TENTATIVE SCHEDULE

12:30pm - 60H Girls
and Boys

1:00pm - Girls High
Jump, Boys Long

Jump

1:45pm - Boys Shot Put

2:00pm - Girls Shot Put

2:15pm - Boys High
Jump

2:45pm - Girls Long
Jump

3:15pm - Girls 800m

3:30pm - Boys 1000m

CONTACT

Daniel Russell
for registration

email:

drussell8027@gmail.com

cell:

719-332-7076

cost:

\$50 per athlete

**REAL
TRAINING**



MEET INFORMATION

Athletes are not allowed on the infield until 30 minutes prior to their event. All times are estimated and we will follow the schedule above and must leave immediately after their events. Cool Downs and longer warm ups should be done outside of the track / fields area.

All masks are mandatory as an athlete warms up. We will be policing this and will ask you to leave if you do not abide by this rule. There will be no refund if you do not wear your mask.

At the start of the event, the starter will indicate when you can take your mask off. **YOU MUST KEEP YOUR MASK ON YOUR BODY DURING YOUR RACE.** When you finish please immediately put your mask back on.

Spectators are asked to stay 25 feet away from the track and must keep their masks on. **ONLY ATHLETES AND COACHES** are allowed in the infield. Please keep 6 feet spacing from other spectators outside of your families.

Please follow and maintain these policies so we can continue running these meets.

Results will be posted on rapid results and milesplit following the conclusion of the meet.

Please remember to head to the infield no sooner than 30 minutes before your event starts:

For each race, female athletes will run first followed by male athletes. Heats will progress from slower to quicker.

Check in is at the Real Training Tent on the infield area not the timing tent. Please check in when you enter the facilities

LJ, TJ, Shot, Discus will be 4 attempts, no finals.

HOW TO REGISTER

Middle School, High School, Open

WHERE: Roosevelt High School 616 N 2ND St, Johnstown, Co 80534

HOST: Real Training Colorado

Meet Directors: Maurice Henriques Aka Coach Mo

303-324-8301 Email: mhenriques45@yahoo.com

Daniel Joiner Email: daniel.joiner@weldre5j.org

TIMER: Ken Howell (Rapid Results Timing)

AAU MEMBERSHIP: 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

ELIGIBILITY: This meet is open to any athlete that falls within the grade level 6-12 and Open athletes . AAU individual and club memberships can be obtained through the AAU National Website <http://aausports.org/>. Each athlete within the grade level 6-8 may enter in up to a maximum of 4 events including relays. Athletes within the grade level 9-12 or Open may enter in 4 events including relays. If an athlete is entered in too many events, meet management reserves the right to reject the athlete from one or more events without notification.

AGE DIVISIONS: Age divisions are determined by grade level 6-8 Middle School and 9-12 High School and Open. However, heats WILL be determined by SEED TIME and NOT by grade level.

MEET ENTRY FEE: Entry fee is \$15.00 per event for Track & Field events. For relays, the entry fee is \$20.00 per team. ALL FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE. Teams and INDIVIDUALS MUST pay through the online process.

LATE ENTRY FEE: Late Entry for Individual events will be \$25.00 per event. Please email Coach Mo at mhenriques45@yahoo.com

ENTRY PROCESS: All teams and attached athletes must utilize the online entry process via <https://co.milesplit.com/> This will permit a very efficient registration process that is easy to use. Entries will open March 1 2021 Everyone will have until the Thursday prior to the meet at 11:59pm to register.

COVID-19 WAIVER

I acknowledge the contagious nature of the Coronavirus/COVID-19 and that the CDC and many other public health authorities still recommend practicing social distancing.

I further acknowledge that Real Training has put in place preventative measures to reduce the spread of the Coronavirus/COVID-19.

I further acknowledge that Real Training meet series cannot guarantee that I will not become infected with the Coronavirus/Covid-19.

I understand that the risk of becoming exposed to and/or infected by the Coronavirus/COVID-19 may result from the actions, omissions, or negligence of myself and others, including, but not limited to, meet staff, and other meet clients and their families.

I voluntarily seek services provided by Real Training and acknowledge that I am increasing my risk to exposure to the Coronavirus/COVID-19. I acknowledge that I must comply with all set procedures to reduce the spread while attending this event.

I attest that:

* I, and any athlete I am bringing, am not experiencing any symptom of illness such as cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell.

*I, and any athlete I am bringing, have not traveled internationally within the last 14 days.

* I, and any athlete I am bringing, have not traveled to a highly impacted area within the United States of America in the last 14 days.

* I, and any athlete I am bringing, do not believe I have been exposed to someone with a suspected and/or confirmed case of the Coronavirus/COVID-19.

* I, and any athlete I am bringing, have not been diagnosed with Coronavirus/Covid-19 and not yet cleared as non-contagious by state or local public health authorities.

* I, and any athlete I am bringing, am following all CDC recommended guidelines as much as possible and limiting my exposure to the Coronavirus/COVID-19.

I hereby release and agree to hold Real Training track meet series harmless from, and waive on behalf of myself, my heirs, and any personal representatives any and all causes of action, claims, demands, damages, costs, expenses and compensation for damage or loss to myself and/or property that may be caused by any act, or failure to act of the meet, or that may otherwise arise in any way in connection with any services received from Real Training Track series. I understand that this release discharges Real Training from any liability or claim that I, my heirs, or any personal representatives may have against the meet with respect to any bodily injury, illness, death, medical treatment, or property damage that may arise from, or in connection to, any services received from Real Training Track series. This liability waiver and release extends to the meet together with all owners, partners, and workers.

Please fill out, scan, and send the completed waiver to mhenriques45@yahoo.com

Signature

Printed Name

Date