

Feet on FIRE – Northeast Ohio Kickoff

Ages 4-18

Sunday ... June 9, 2019

Willoughby South High School

500 Shankland Road, Willoughby, OH 44094

Gates Open @ 7:45AM

Order of Events:

Tot Races: ages 4-6 only	9:00 – 9:45 (will be run on the opposite side of the track)
50 M Dash	Tots will run from the 50 to the 100m start. Participation ribbons only.
100 M Dash	Team coaches should be available to time if marks are needed. A 100M final will be run with medals for the top 3 & ribbons for 4-8.
Field Events...	8:30 – Noon
Discus (ages 11-18)	Discus will compete 1 st and begin promptly @8:45... open ring. All throwers must check-in by 8:30 to compete. 4 throws per athlete ... 2 followed by 2. Bring implements.
Shot Put (ages 7-18)	Shot put will compete immediately following discus. All throwers must check-in promptly. 4 throws per athlete ... 2 followed by 2 in accordance with age group. Bring implements.
Long Jump (ages 7-18)	4 jumps per athlete ... 2 then 2. 13 and older must jump from the board. Medals and ribbon will awarded at the pit.
Turbo Javelin (ages 7-12)	
Rolling Events ... ages 7-18	10:00 – 4:00
80/100/110 Hurdles	
100 Dash	
1500 Run	
4x100 Relay	
400 Dash	
200 Hurdles	
400 Hurdles	
800 Run	
200 Dash	
4x400 Relay	

* Please bring throw implements to compete in these events.

Spectator fee = \$3 (ages 5+) ... Concessions available on site

No add-ins after the entry deadline. No refunds or substitutions. **Medals must be picked up during the meet.** They will be available approximately 30 mins after the close of each event. At the conclusion of the meet, medals (1st-3rd) and ribbons (4th-6th) will no longer be provided. High schoolers will have 1-3rd medals only.

This event is licensed by the Amateur Athletic Union of the U.S., Inc. 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.