

**Xplosion Mothers Day Invitational**  
**Sunday, May 9, 2021**

**LOCATION:** Cardinal Ritter College Prep, 701 N Spring Ave, Saint Louis, MO 63108

**ENTRY FEES:** \$12.00 per athlete entered online at [www.coacho.com](http://www.coacho.com) by Thursday, May 6, 2021, 11:59 p.m. 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:** 6 & 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 OPEN age division.

**AWARDS:** Medals for 1st, 2nd, and 3rd places. Ribbons for 4th, 5th, and 6th places. 6 & under athletes 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 one age group.

**ENTRIES:** ALL ENTRIES MUST BE COMPLETED ON-LINE BY THURSDAY, MAY 6th BY 11:59 p.m. ALL ATHLETES MUST HAVE A VALID AAU CARD TO PARTICIPATE.

**MEET DIRECTOR:** Wanda K. McNeil, [ucxplosion@gmail.com](mailto: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 Cardinal Ritter is a smoke-free, alcohol-free facility.**  
**No pets allowed in the stadium.**

**DEPENDING ON NUMBER OF ATHLETES IN MEET,  
SPECTATORS MAY BE LIMITED BASED ON STADIUM  
CAPACITY.**

**NO TENTS IN BLEACHERS.**

**NO TENTS IN SHOT PUT AREA.**

**Tents allowed in grassy areas only. Must be socially  
distanced. MASKS REQUIRED.**

- 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.ausports.org](http://www.ausports.org) to obtain their membership.

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**ORDER OF EVENTS:**

**FIELD EVENTS SESSION: START TIME 8 AM**

4 throws/jumps, except High Jump.

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

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

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

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

**PEE-WEE SESSION (Running): START TIME 9 AM**

50M, 100M. Pee Wees will run on the bleacher side of the track.

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

**RUNNING EVENTS SESSION: START TIME 10 AM**

All events are Timed finals.

TIMED FINAL 3000 METER RUN	11-12 through 15-18
TIMED FINAL 80 METER HURDLES	11-12
TIMED FINAL 100/110 HURDLES	13-14 through 15-18
TIMED FINAL 100 METER DASH	6-8 through 15-18
TIMED FINAL 1500 Meter Run	6-8 through 15-18
TIMED FINAL 200 METER DASH	6-8 through 15-18
TIMED FINAL 800 Meter Run	6-8 through 15-18
TIMED FINAL 1500 M Race Walk	9-10 through 15-18
TIMED FINAL 4 x 400 Meter Relay	9-10 through 15-18

**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.