



Presents:

2020 Panthers Elite-Ken Roberts Track & Field Challenge

Date:

Saturday May 30, 2020

Entry Fee per Athlete:

\$12.00

Register on-line @ Coach-O.com

FinishLynx FAT Timing system

Start Time: 8:30 am – Coaches Meeting 8:15 am



*Southeast Guilford High School
4530 SE School Road
Greensboro, NC 27406*



PERFORMANCE LIST: will be posted @ www.coach-o.com on May 31st.

LIVE RESULTS: Will be Available @ www.hppantherstrack.org

For Additional Information Call:

Carlester "Tyrone" Hilliard, (704) 299-2025

E-Mail: kenrobertschallenge@gmail.com or

log on to : www.pantherselitetrack.com

Revised Directions:

From the West/South:

From Interstate 40E/85N: Enter into Greensboro. 40E will merge with 85N. Stay on 40E/85N to the Highway 421 exit. Take Highway 421 South (exit # 126) from 40E/85N towards Sanford. Turn right. Go 8 miles. Go through three stoplights. Take the new exit ramp for Woody Mill Road on the right and turn left at the top of the exit ramp. Continue through the light, pass the Food Lion shopping center on your right, continue through the next light, and SEHS will be approximately 1/4 mile on the left.

From the East/North:

From Interstate 40W/85S: Enter into Greensboro. Stay on 40W/85S to the Highway 421 exit. Take Highway 421 South (exit # 126) from 40W/85S towards Sanford. Turn left. Go 8 miles. Go through three stoplights. Take the new exit ramp for Woody Mill Road on the right and turn left at the top of the exit ramp. Continue through the light, pass the Food Lion shopping center on your right, continue through the next light, and SEHS will be approximately 1/4 mile on the left..

General Information

TIME: Coaches meeting 8:15 a.m. Meet starts promptly at 8:30 a.m.

FACILITIES: Synthetic rubber track, Lighting-Restrooms & Concessions available.
Please bring TRASH BAGS to police your area. Bring your folding chairs.

ENTRY GUIDELINES:

EVENT LIMIT: Maximum of (3) events 6-12 years, (4) events-13-18 years per athlete (relays and field events included).

RELAYS: Relays will be combined age divisions: (6 & under) - (7 & 8) - (9 & 10) - (11 & 12) - (13 & 14) - (15 & 16) - (17 & 18).Entry in a relay will be considered as an entry in the event limitations.

****Maximum of (2) relays in each age group per team, per event (A & B relays only).***

ENTRY FEE: ***Payment must be paid on-line @ www.coach-o.com. No payments will be accepted the day of the meet, unless prior arrangements have been made. The fees are \$12.00 per athlete.***

ENTRY SEED TIMES: All entries must be completed on-line @ WWW.COACH-O.COM before 11: 59 pm May 27, 2020.
All athletes entered at NT/NM will be seeded in the slowest heats/sections for that particular event.

ENTRY DECLARATION: All entries are accepted pending receipt of your entry fees.

AWARDS: ***Medals will be awarded for 1st through 3rd and ribbons for 4th through 6th place.***

**Please be advised that awards will be pre-packed and available for pick-up at the conclusion of the meet. COACHES or an assigned representative may pick up awards.*

TEAM AWARDS: ***Team awards for 1st, 2nd, 3rd places combined total scores. (Small-Medium-Large Divisions)***

EVENT ENTRY LIMITATIONS: * Only 6 & under 4x100m relay can be run as co-ed.
* Maximum entry of **4** triple jumpers and **4** long jumpers per age group per team.

INFORMATION: Meet Director: Tyrone Hilliard Phone: (704) 299-2025
E-Mail: (kenrobertschallenge@gmail.com) or Web-Site: www.pantherselitetrack.com

AGE DIVISIONS

(6&under), (7-8), (9-10), (11-12), (13-14), (15-16), (17-18)

SCHEDULE OF EVENTS:

Top (8) individual finishers will count towards team score

Ages:	6&Under		7 – 8		9 – 10		11 – 12		13 – 14		15 – 16		17 – 18	
EVENTS	G	B	G	B	G	B	G	B	G	B	G	B	G	B
1500M	-	-	-	-	X	X	X	X	X	X	X	X	X	X
200/400 H	-	-	-	-	-	-	-	-	X	X	X	X	X	X
100M	X	X	X	X	X	X	X	X	X	X	X	X	X	X
4x100	Co-ed	Co-ed	X	X	X	X	X	X	X	X	X	X	X	X
400M	-	-	X	X	X	X	X	X	X	X	X	X	X	X
800M	-	-	X	X	X	X	X	X	X	X	X	X	X	X
Hurdles	-	-	-	-	-	-	80/30	80/30	100/30	100/33	100/33	110/39	100/33	110/39
200M	X	X	X	X	X	X	X	X	X	X	X	X	X	X
4x400	-	-	X	X	X	X	X	X	X	X	X	X	X	X
Triple Jump	-	-	-	-	-	-	-	-	X	X	X	X	X	X
Long Jump	-	-	X	X	X	X	X	X	X	X	X	X	X	X
High Jump*	-	-	-	-	3'	3'2	3'4	3'10	4'	4'6	4'4	5'4	4'5	5'6
Shot Put	-	-	4lb	4lb	6lb	6lb	6lb	6lb	6lb	4kg	4kg	12lb	4kg	12lb
Discus	-	-	-	-	-	-	1kg	1kg	1kg	1kg	1kg	1.6kg	1 kg	1.6kg
Turbo	X	X	X	X	X	X	X	X	-	-	-	-	-	-
Javelin	-	-	-	-	-	-	-	-	X	X	X	X	X	X

X =OFFERED EVENT

* = ENTRY HEIGHTS
(HIGH JUMP)

RUNNING EVENTS:

8:30 am Start Time

1500M Run (Timed Finals) (will combine {8 & under thru 11-12}, {13-14 thru 17-18} with less than 8 athletes in certain ages)
 200/400 Hurdles (Timed Finals)
 100M Dash (Semis)
 4x100M Relay (Timed Finals) (will combine age groups)
 400M Run (Timed Finals Cap at 8 per age group)
 100M Dash (Finals)
 800M Run (Timed Finals)
 80M/100M/110M Hurdles (Timed Finals)
 200M Dash (Times Finals)
 4x400M Relay (Timed Finals) – ****ONLY If Time Permits****

FIELD EVENTS:

8:30 am Start Time

Triple Jump 17-18, 15-16, 13-14 followed by Long Jump
 Long Jump 7-8, 9-10, 11-12, 13-14, 15-16, 17-18 (8&under will start on 1 runway at the same time as triple jump)
 High Jump 9-10, 11-12, 13-14, 15-16, 17-18
 Shot Put 7-8, 9-10, 11-12, 13-14, 15-16, 17-18
 Discus 17-18-15-16- 13-14-11-12
 Turbo-Javelin 6 &under, 7-8, 9-10, 11-12
 Javelin 13-14, 15-16, 17-18

FIELD EVENTS:

*Each Competitor Will Be Allowed 3 Attempts
 NO FINALS. All Field Events, Boys Follow Girls
 Athletes are responsible for their own implements*

This event is sanctioned 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 membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connect. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.