

2011 Bluegrass Track & Field Information

FRIDAY - at Bellarmine University - 6 PM – Javelin

(Note turbojav will be Sunday @ Fern Creek)

7 PM – Hammer Throw

7 PM – Steeplechase

SATURDAY at Fern Creek High School Packet pickup and awards tent is located behind the bleachers.

COMPETITOR NUMBERS - Numbers must be worn on the front of all athletes and be visible. Use 4 pins, 1 in each corner to attach your number. Your same number will be for both Saturday and Sunday competition. Attached to your number is your entry number and name. Replacement numbers will cost \$5.

Sprint races - In races 400 meters or less, you will run in lanes all the way. If there is more than one heat in an age group, the best overall time will be the winner.

Distances races - Races of 800 meters or longer will have a waterfall start.

Field Events: Warmups will be allowed ½ hour before the event. The field event competition will start on time at 9:30 on Saturday and 12:30 on Sunday

Long Jump, triple jumps, broad jump-3 jumps Shot put, discus, javelin, turbo-jav, softball throw-3 throws

Open Pit means that all three jumps must be completed during the allotted time slot.

Saturday Events:

Running events will be women first followed by men. OLDEST AGE GROUPS TO YOUNGEST AGE GROUPS. Some races may combine age groups. When reporting for running events, there will be birth year signs. Athletes are to line up behind their birth year sign for easy assignment of lanes.

	Report Area
9:00 Open Race Walk-Men & Women	1500 Start
9:15 Women's Age Group Racewalk-All	1500 Start
9:30 Men's Age Group Racewalk-All	1500 Start
10:15 Women's 3000-All Age groups	3000 Start
10:30 Mens' 3000 17 & over age groups-born 1994 & before	3000 Start
10:45 Mens' 3000 16 & under age groups-Born 1995 & after	3000 Start
11:30 Rolling schedule after this	
400 Meter Hurdles	400 Start
300 Meter Hurdles-	300 Start
200 Meter Dash	200 Start
800 Meter Run	
100 Meter Dash	
1600 Meter Relay	

Divisions 14 & under (born 1997 & after) , 15-18(born 1993-1996), 40 & over, Open

If all the athletes do not fit in these age brackets, they must run OPEN.

1600 METER RELAY CARDS MUST BE PICKED UP AT THE THE REGISTRATION TENT, FILLED OUT COMPLETELY WITH TEAM NAME, ATHLETE'S NAMES & NUMBERS AND CODE NUMBER. THESE MUST BE TURNED IN TO THE REGISTRATION TENT BY 1:00 SATURDAY. MAKE SURE YOU HAVE ALL ATHLETES IN THE CORRECT AGE GROUP. AGES ARE BASED ON THE AGE ON DECEMBER 31, 2011.

9:30 boys & girls softball throw born 2005 and after (infield)

9:30 12 & Under (born 1999 and after)Girls Shot Put 6#

Followed by 19 & Over Women (born 1992 & before)

Followed by 13-18 girls (Born 1993-1998)

High jump 9:30 Boys 12 & under (born 1999 and after) starting height 3'0"

Followed by Men 40 & over (born 1971 and before)

Followed by 13-39 Men combined starting height 4'6"

Long Jump Pits---Open Pits

Pit #1 All Women's Triple Jump Open Pit 9:30-10

Followed by All Broad Jumpers -girls & boys 6 years old & younger (Born 2005 & After) Open Pit 10:15-11:00

Long Jump Men 19 & over born 1982 & before Open Pit 11:15-12:45

Pit #2 Long Jump 12 & Under boys born 1999 and after Open Pit 9:30-10:45

Long Jump 13-18 born between 1993-1998 Open Pit 11:15-12:45

Pole Vault	12:00	1st Event	All Men's & Women's Age Group Pole Vault combined
		2nd Event	All Men's & Women's Open Pole Vault combined
Discus	9:30	1st Event	All Boys 14 & Under, born 1997 & after, 1.0 kg
	10:30	2nd Event	Men 15 & over born 1996 & before, 1.6 kg
	12:30	3rd Event	Men Open 2.0 kg

SUNDAY @ Fern Creek High School

Running Events

12:30 Rolling Schedule

100 Hurdles

110 High Hurdles

1500 1st heat -All Women-All Ages 1500 START

2nd heat- All Men - 19 & over born 1992 & before 1500 START

3rd heat- All Boys- 18 & under born 1993 & after 1500 START

400 Meter Dash All ages

**400 Relay Divisions 12 & under(born 1999 & after), 13-14(born 1997-1998), 15-18(born 1993-1996) , 40 & over, Open
If ages do not fit in these categories, then the team must run OPEN.**

Medley Relay(600-200-400-1200) (Must have a)1 female runner and b) one master runner(40 or over) or one pre-teen(12 or under). a) & b) must be different athletes.

400 METER RELAY CARDS AND MEDLEY RELAY CARDS MUST BE PICKED UP AT THE REGISTRATION TENT, FILLED OUT COMPLETELY WITH TEAM NAME, ATHLETE'S NAMES & NUMBERS AND CODE NUMBER. THESE MUST BE TURNED IN TO THE PRESSBOX BY 1:00 SUNDAY. MAKE SURE YOU HAVE ALL ATHLETES IN THE CORRECT AGE GROUP. AGES ARE BASED ON THE AGE ON DECEMBER 31, 2011

Field Events

12:30 Field Events

Turbo Javelin- Ages 12 & Under, born 1999 and after On the infield

Long Jump

Pit #1 All Men's Triple Jump Open Pit 12:30-1:30

Long Jump 11-14 Girls Born between 1997-2000 Open Pit 1:45-3:00

Pit #2 Long Jump 10 & Under Girls born 2001 and after Open Pit 12:30-1:30

Long Jump 15 & over Women Born 1996 & before Open Pit 1:45-3:00

High Jump All Women 12:30 starting height 2'6"

Shot Put-Men 12:30 born 1996 and before 12 #

**Followed by 13-14 Boys (Born 1997-1998) 4 KG and 12 & under boys 6# Born 1999 & after
Followed by Open Men 16#**

Discus 12:30 14 & under Women (1997 and after)

1:15 40 & Over Women (1971 & before)

2:00 15 -39 Women (1972-1996)