

**LIGHTNING RUNNING CLUB - Youth Track & Field Meet**

Sunday, May 30, 2021

South Carroll High School  
1300 W. Old Liberty Road Sykesville, MD 21784All Entries must be done online by each invited club. *NO REGISTRATION* on Meet Day.**Entry Fee:** \$10 per athlete.      **Event Limit:** 3 Individual Events per Athlete**Awards:** Ribbons for Top 6 places in Individual Events and Top 4 places for Relays.**Age Groups:** – 7/8 9/10 11/12 13/14 15-18      Age is as of December 31, 2021Live Results available on: [bullseye.tf](http://bullseye.tf)**COVID RESTRICTIONS**

– NO Concessions will be sold.

– Masks recommended when in groups.      - Athletes can lower their masks when competing.

**Starting Time of FIELD EVENTS:**

<u>Time</u>	<u>Event</u>	<u>Event</u>	<u>Event</u>	<u>Event</u>
11:00	<b>Shot Put</b> (All Ages)	<b>High Jump</b> (9/10 & Up)	<b>Turbo Javelin</b> (7/8 to 11/12)	<b>Long Jump</b> (All Ages)

**Starting Time of TRACK EVENTS:** **ABSOLUTELY NO PARENTS at CHECK IN AREA!!!**

<u>Time</u>	<u>Event</u>	<u>Event</u>	<u>Event</u>
1:00	1) <b>200m Hurdles</b> – 13/14	2) <b>300m Hurdles</b> – 15-18	3) <b>3,000m Run</b> – 11/12 & Up
	4) <b>100m Dash</b> – all ages	5) <b>200m Dash</b> – all ages	6) <b>4x100m Relay</b> – all ages
	7) <b>800m Run</b> – all ages	8) <b>80m/100m/110m Hurdles</b> - 11/12 to 15-18	
	9) <b>400m Dash</b> – all ages	10) <b>1500m Run</b> – all ages	11) <b>4x400m Relay</b> – 9/10 & Up

NOTES: Age Group and Gender heats may be combined, depending upon time and number of competitors.

*INFIELD RULES: Only Athletes, Officials and Coaches allowed.*Meet Director: Bill Gerhold, [billygmd@aol.com](mailto:billygmd@aol.com)