

5th Annual North Texas Cheetahs Track & Field Youth Open

Hosted by the North Texas Cheetahs Track Club

www.northtexascheetahs.com

May 8th 2010

**LANCASTER HIGH SCHOOL
Beverly Humphrey Tiger Stadium
200 E Wintergreen
Lancaster, TX 75134**

MEET RULES

- ALL EVENTS WILL BE ON A ROLLING SCHEDULE
- ALL USA TRACK AND FIELD RULES WILL BE IN EFFECT FOR THIS MEET
- PRIMARY - MIDGET DIVISIONS MAY COMPETE IN A MAXIMUM OF 3 EVENTS
- YOUTH - YOUNG WOMEN/MEN MAY COMPETE IN A MAXIMUM OF 4 EVENTS
- PARTICIPANTS MUST HAVE AN ARMBAND TO COMPETE
- COACHES WILL BE ASKED TO HELP AS NEEDED
- **ALL COACHES WILL BE ADMITTED FREE WITH USATF CARD**

FEES AND AWARDS

- ENTRY FEE IS \$5 PER ATHLETE
- GENERAL ADMISSION IS \$5 PER PERSON, UNDER 4 FREE
- MEDALS WILL BE AWARDED TO THE TOP THREE FINISHERS IN EACH EVENT
- ALL OTHER PRIMARY PARTICIPANTS WILL BE AWARD PARTICIPATION RIBBONS

<u>AGE DIVISION</u>	<u>BIRTH YEAR</u>
PRIMARY	2002 +
BANTAM	2000-2001
MIDGET	1998-1999
YOUTH	1996-1997
INTERMEDIATE	1994-1995
YOUNG MEN/WOMAN	1992-1993

DIRECTION

FROM DALLAS TAKE 20E OR 20W TO THE LANCASTER RD EXIT AND GO SOUTH ON LANCASTER RD AND THE STADIUM WILL BE ON YOUR LEFT HAND SIDE

FROM FT WORTH/ARLINGTON TAKE I20 EAST TO LANCASTER RD, EXIT LANCASTER RD. AND GO SOUTH ON LANCASTER RD AND THE STADIUM WILL BE ON YOU LEFT HAND SIDE.

FROM I45 TAKE I45 TO I20 W TO LANCASTER RD, EXIT LANCASTER RD TURN LEFT, TAKE LANCASTER RD AND THE STADIUM WILL BE ON YOUR LEFT HAND SIDE.

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*Entry Fee is \$5.00 per Athlete
person, Under 4 Free*

Admission is \$5.00 per

*Registration Starts @ 6:00 A.M.
Primary thru Young Women/Men*

Field Events @ 8:00 A.M.

DISCUS	YM,YW,IB,IG,YB,YG,MB,MG
SHOT PUT	BG,BB,MG,MB,YG,YB,IG,IB,YW,YM
LONG JUMP	YM,YW,IB,IG,YG,YB,MG,MB,BG,BB,PG,PB
TRIPLE JUMP	YG,YB,IB,IG,YM,YW
HIGH JUMP	BG,BB,MG,MB,YG,YB,IG,IB,YM,YW
POLE VAULT	YG,YB,IG,IB,YW,YM

FIELD EVENTS FOR PRIMARY THRU MIDGET WILL BE A 3 JUMP/THROW FINAL

FIELD EVENTS FOR YOUTH THRU YOUNG WOMEN/MEN WILL BE A 4 JUMP/THROW FINAL

*Morning Session Starts @ 7:30 A.M.
Primary thru Midget*

1500M Race Walk	BG,BB,MG,MB
3000M RUN	MG,MB,YG,YB,IG,IB,YW
5000M RUN	YM
4 X 100M RELAY	PG,PB,BG,BB,MG,MB
800M DASH	PG,PB,BG,BB,MG,MB
80M HURDLES	MG,MB
100M DASH	PG,PB,BG,BB,MG,MB
400M DASH	PG,PB,BG,BB,MG,MB
200M DASH	PG,PB,BB,BG,MG,MB
1500M RUN	MG,MB
4 X 400 RELAY	BG,BB,MG,MB

*Afternoon Session Starts @ 2:00 P.M.
Youth thru Young Men/Young Women*

4 X 100M RELAY	YG,YB,IG,IB,YW,YM
800M DASH	YG,YB,IG,IB,YW,YM
100M HURDLES	YG,YB,IG,YW
110M HURDLES	IB,YM
100M DASH	YG,YB,IG,IB,YW,YM
400M DASH	YG,YB,IG,IB,YW,YM
200M HURDLES	YG,YB
400M HURDLES	IG,IB,YM,YW
200M DASH	YG,YB,IG,IB,YW,YM
1500M RUN	YG,YB,IG,IB,YW,YM
4 X 400 RELAY	YG,YB,IG,IB,YW,YM