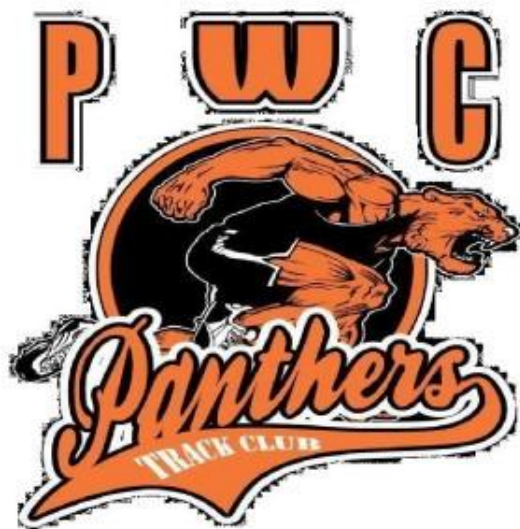


1ST ANNUAL I-95 INVITATIONAL

June 18, 2011



HOSTED BY

PWC PANTHERS TRACK & FIELD CLUB

*Freedom High School
15201 Neabsco Mills Road
Woodbridge, VA 22191*

“Pride, Determination & Perseverance”

- 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.

PWC PANTHERS TRACK & FIELD CLUB



REGISTRATION

Entries will be accepted through on-line registration **ONLY** by utilizing www.coacho.com.
(No mail in or faxes will be accepted). No payments will be accepted at the door.
NO REFUNDS.

ALL ENTRIES MUST BE SUBMITTED BY TUESDAY, JUNE 14, 2011

There will be **NO** registration on the day of the event or changes.

FEES

- **\$7.00/team member \$7.00/unattached \$11.00/relay event**
\$500.00 max/team
No refunds

AGE DIVISION: *(All age divisions are determined by year of birth) - (Age as of 12/31/2011)

Primary	8 & Under	2003 & After
Bantam	9-10	2002 - 2001
Midget	11-12	2000 - 1999
Youth	13-14	1998 - 1997
Intermediate	15-16	1996 - 1995
Young Men/Women	17-Up	1994 - Up

RESTRICTION: At the conclusion of this entry process, you will be required to pay your entry fee on-line with MasterCard or VISA. No entry will be accepted until all fees are paid. A competitor in Primary thru Midget may enter a maximum of three (3) events, including relays. Competitors in Youth and Above may enter a max of four (4) events, including relays.

- Teams may enter 4 athletes in each individual event.
Teams may enter 3 teams in each relay event.
Teams must enter a minimum of 4 & may enter a maximum of 8 on a relay.
Athletes may enter the maximum number of events as noted in entry limit column of this divisions table. The limits are based on age

FIELD EVENTS: **COMPETITORS** must bring their own implements to be used at this Meet for all Field Events/Relays.

Athletes will have to check out with Field Event Officials prior to leaving the competition area to participate in running events.

RELAYS: **ONLY A & B Teams** allowed in relay events. **NO CO-ED TEAMS ALLOWED.**

PANTHERS TRACK & FIELD CLUB



FACILITIES: An 8 lane all-weather track. Spikes of ¼" (max) are allowed. No bare feet or stockings; shirt required. FAT timing. Restrooms are available. Trash bags will be provided in all areas. Please police the area. Each team is responsible for their area clean-up.

CONCESSION STANDS WILL BE OPEN DURING THE MEET.

- NO RADIOS
- NO GRILLS
- NO GLASS CONTAINERS ALLOWED IN THE STADIUM
- NO TENTS WILL BE ALLOWED AROUND THE TRACK. THERE WILL BE AN AREA MARKED FOR PERSONAL TENTS. POP-UP TENTS ARE ALLOWED IN THE BLEACHERS.
- ALL RELAY TEAMS MUST BE DRESSED IN THE SAME UNIFORM

INFIELD: Only officials and athletes competing in an active event are allowed on the infield of the track. Violation may cause disqualifications.

AWARDS: All athletes will receive their awards after each event per age group.

rd • 1st – 3 THplace – MEDALS TH
–6place – RIBBONS • 4

- Top (2) Team will receive a trophy for combined boys & girls score
Points are as follow for the top six (6) places: 10 – 8 – 6 – 4 – 2 – 1

SANCTION: Amateur Athletics Union (AAU) rules apply

CONTACT: Yolanda Wallace
President/Meet Director
(C) 703.973.9343
pwcpantherspresident@gmail.com

Darrell Harris
Head Coach
(C) 571.205.7600
pwcpanthersheadcoach@gmail.com

DIRECTION

FROM I-95/RICHMOND:

Take I-95 North (towards Washington D.C.). Merge onto DALE BLVD/VA-784E, **EXIT 156**, towards COMMUNITY COLLEGE/RIPPON LANDING

Go **0.7 miles**, at the light **TURN RIGHT** on NEABSCO MILLS ROAD.

Go **0.3 miles**, Freedom High School is on the **LEFT**.

FROM I-95/DC/MARYLAND:

Take I-95 South (towards RICHMOND). Merge onto VA-784E/DALE BLVD, **EXIT 156**, toward RIPPON LANDING.

Off exit, crossing over I-95, at the light, **TURN RIGHT** on NEABSCO MILLS ROAD.

Go **0.3 miles**, Freedom High School in on the **LEFT**.

PANTHERS TRACK & FIELD CLUB

MEET SCHEDULE

**7:00 a.m. - Team Check-In, Packet pick up 7:30
a.m. - Coaches Meeting**
**8:15 a.m. – National Anthem 8:30 a.m. –
Field Events will start 9:00 a.m. –
TRACK CLOSSES**
9:45 a.m. – Running Events will start

ORDER OF EVENTS

Please send athletes to check in on First Call - Girls followed by Boys in all Running Events

Male Events

Sprint

100m dash Primary Sub-Bantam Bantam Sub-Midget Midget Sub-Youth Youth Intermediate Young
200m dash Primary Sub-Bantam Bantam Sub-Midget Midget Sub-Youth Youth Intermediate Young
400m dash Primary Sub-Bantam Bantam Sub-Midget Midget Sub-Youth Youth Intermediate Young

Hurdle

80m hurdles Sub-Midget Midget
100m hurdles Sub-Youth Youth
110m hurdles Intermediate Young

Distance

800m run Primary Sub-Bantam Bantam Sub-Midget Midget Sub-Youth Youth Intermediate Young
1500m run Sub-Bantam Bantam Sub-Midget Midget Sub-Youth Youth Intermediate Young

Race Walk

1500m walk Sub-Bantam Bantam Sub-Midget Midget Sub-Youth Youth Intermediate Young

Field

long jump Primary Sub-Bantam Bantam Sub-Midget Midget Sub-Youth Youth Intermediate Young
discus throw Sub-Midget Midget Sub-Youth Youth Intermediate Young
shot put Sub-Bantam Bantam Sub-Midget Midget Sub-Youth Youth Intermediate Young
high jump Sub-Midget Midget Sub-Youth Youth Intermediate Young

Relay

4x100m Primary Bantam Midget Youth Intermediate Young
4x400m Primary Bantam Midget Youth Intermediate Young

Female Events

Sprint

100m dash Primary Sub-Bantam Bantam Sub-Midget Midget Sub-Youth Youth Intermediate Young
200m dash Primary Sub-Bantam Bantam Sub-Midget Midget Sub-Youth Youth Intermediate Young
400m dash Primary Sub-Bantam Bantam Sub-Midget Midget Sub-Youth Youth Intermediate Young

Hurdle

80m hurdles Sub-Midget Midget
100m hurdles Sub-Youth Youth Intermediate Young

Distance

800m run Primary Sub-Bantam Bantam Sub-Midget Midget Sub-Youth Youth Intermediate Young
1500m run Primary Sub-Bantam Bantam Sub-Midget Midget Sub-Youth Youth Intermediate Young



Race Walk

1500m walk Sub-Bantam Bantam Sub-Midget Midget Sub-Youth Youth Intermediate Young

Field

long jump Primary Sub-Bantam Bantam Sub-Midget Midget Sub-Youth Youth Intermediate Young

discus throw Sub-Midget Midget Sub-Youth Youth Intermediate Young

shot put Sub-Bantam Bantam Sub-Midget Midget Sub-Youth Youth Intermediate Young

high jump Sub-Midget Midget Sub-Youth Youth Intermediate Young

Relay

4x100m Primary Bantam Midget Youth Intermediate Young

4x400m Primary Bantam Midget Youth Intermediate Young

Divisions
Using **12/31/2011** to
calculate age

division	low age	high age	entry description			
#	age	age	limit			
1	Primary	0	8			3
2	Sub-Bantam	9	9			3
3	Bantam	10	10			3
4	Sub-Midget	11	11			3
5	Midget	12	12			3
6	Sub-Youth	13	13			4
7	Youth	14	14			4
8	Intermediate	15	16			4
9	Young	17	19*			4

Note: The age-up date for Young is determined using the last day of the AAU National Championship meet, 08/06/2011.