

TRU SPEED VIPERS YOUTH AND OPEN TRACK MEET
21 MAY 2011
TRINITY CHRISTIAN ACADEMY, 1231 EAST PLEASANT RUN RD, CEDAR HILL, TX 75104



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 AGE DIVISIONS MAY COMPETE IN A MAXIMUM OF THREE EVENTS
YOUTH - YW/YM AGE DIVISIONS MAY COMPETE IN A MAXIMUM OF FOUR EVENTS
PARTICIPANTS MUST HAVE AN ARMBAND TO COMPETE
ALL COACHES AND USATF OFFICIALS WILL BE ADMITTED FREE WITH A USATF MEMBERSHIP CARD
COACHES WILL BE ASKED TO HELP AS NEEDED

FEES AND AWARDS

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

AGE DIVISION BIRTH YEAR

PRIMARY 2003 +
BANTAM 2001 - 2002
MIDGET 1999 - 2000
YOUTH 1997 - 1998
INTERMEDIATE 1995 - 1996
YOUNG MEN/WOMEN 1993 - 1994

DIRECTIONS

FROM NORTH DALLAS: TAKE I-35 SOUTH TO I-20 WEST. TAKE I-20 WEST TO 67 SOUTH. TAKE 67 SOUTH TO JOE WILSON ROAD/
PLEASANT RUN RD EXIT. TURN LEFT ON N JOE WILSON RD. TAKE N JOE WILSON RD TO E PLEASANT RUN RD
AND MAKE A LEFT. STAY ON E PLEASANT RUN RD, COMPLEX WILL BE ON THE LEFT.

FROM FT WORTH/ARLINGTON: TAKE I-20 EAST TO 67 SOUTH. TAKE 67 SOUTH TO JOE WILSON RD/PLEASANT RUN RD EXIT.
TURN LEFT ON N JOE WILSON RD. TAKE N JOE WILSON RD TO E PLEASANT RUN RD AND TURN LEFT. STAY ON E PLEASANT RUN
RD AND COMPLEX WILL BE ON YOUR LEFT.

FROM KILLEEN/WACO: TAKE I-35 NORTH TO I-20 WEST. TAKE I-20 WEST TO 67 SOUTH. TAKE 67 SOUTH TO JOE WILSON RD/
PLEASANT RUN ROAD EXIT. TURN LEFT ON N JOE WILSON RD TO E PLEASANT RUN RD AND MAKE A LEFT. STAY ON E PLEASANT
RUN RD AND THE COMPLEX WILL BE ON YOUR LEFT.

FOR MORE INFORMATION CONTACT HEAD COACH, KEITH ATKINSON AT 972-679-4636

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ENTRY FEE IS \$5.00 PER ATHLETE

ADMISSION IS \$5.00 PER PERSON, UNDER 4 FREE

MORNING SESSION REGISTRATION STARTS @ 7:00 AM (PRIMARY THRU MIDGET)

FIELD EVENTS START @ 8:00 AM

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

**FIELD EVENTS FOR PRIMARY THRU MIDGET WILL BE A THREE JUMP/THROW FINAL
FIELD EVENTS FOR YOUTH THRU YOUNG MEN/WOMEN WILL BE A FOUR JUMP/THROW FINAL**

MORNING SESSION - PRIMARY - MIDGET (RUNNING EVENTS WILL START AT 9:00 AM)

1500m RACE WALK	BG, BB, MG, MB
3000m RUN	MG, MB, YG, YB, IG, IB, YW, YM
4 X 100m RELAY	PG, PB, BG, BB, MG, MG
800m RUN	PG, PB, BG, BB, MG, MG
80m HURDLES	MG, MB
100m DASH	PG, PB, BG, BB, MG, MG
400m DASH	PG, PB, BG, BB, MG, MG
200m DASH	PG, PB, BG, BB, MG, MG
1500m RUN	MG, MB
4 X 400 RELAY	PG, PB, BG, BB, MG, MG

AFTERNOON SESSION - YOUTH THRU OPEN MEN/WOMEN (RUNNING EVENTS START @ 2:00 PM)

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

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