



Ozark Association Sanction

Lady Lions Invitational Sunday, April 15, 2018

LOCATION: Fort Zumwalt East High School, 600 First Executive Avenue, Saint Peters, MO 63376
Directions: I-70 West to Cave Springs Exit, Left on overpass to Right Turn onto Mexico Road to Left onto First Executive Avenue. Make right turn at first entry gate onto Zumwalt East Campus-Right at Tennis Courts to Track

ENTRY FEES: \$12.00 per athlete entered online at <http://www.coacho.com> by **FRIDAY, April 13, 2018 Midnight**. The meet is open to clubs and unattached athletes. **NO LATE ENTRIES or MODIFICATIONS**. Fees must be paid on line by the close of the meet registration.

AGE GROUPS: Age as of 12/31/18

ENTRY LIMITATIONS: Ages 6 & Under Events = 50 & 100m Only (Medals for all @ Finish)
*Ages 7&8 Events = 100m; 200m; 400m & 800m; LJ; SP *Ages 9&10 = 100m; 200m; 400m; 800m; 1500; Racewalk; LJ; HJ & SP *Ages 11&12 = All Events Available *Ages 13&14 = All Events Available *Ages 15-18 = All Events Available **Age groups will be combined if small numbers

AWARDS: Medals for 1st, 2nd, and 3rd places. Ribbons for 4th, 5th, and 6th places. 6&Under athletes will receive medals at the finish line. All races are timed finals. 6&Under races will not be timed nor placed; however, if you would like to time your own athlete, feel free to bring a stopwatch.

ENTRIES: ENTRIES MUST BE COMPLETED ON-LINE BY Friday, April 13, 2018 BY 12:00 a.m. CST

MEET DIRECTOR: Mark Halsell mark.halsell22@gmail.com or Kenny King kinglyn@swbell.net

GENERAL INFORMATION: Coaches meeting at 8:15 a.m. Running events begin at 8:30 a.m. All running events will be timed finals. There will be no prelims or semis. 6&Under events will medal at the finish line with no times.

Field events begin at 9:00 a.m. and will be run in rounds with 4 Attempts/No Finals. High Jump is excluded from this rule. HJ athletes will have 3 attempts at each height. LJ will offer 8' & 12' boards; 4' board for 10& Under Track events take priority over field events. All athletes must notify the event official when leaving for a running event and must be ready to resume 10 minutes after completion of running event.

EQUIPMENT: Throwing implements WILL NOT be provided. No spikes longer than 1/8" will be allowed on the track. Blocks WILL NOT be provided or allowed in 400m races.

CONCESSIONS: Available at the track. No bar-b-que pits allowed.

TENTS: Tents are only allowed in the designated area and should not block the track, finish line, field events or flow of meet. **TENT CITY will be located behind the visitors' bleachers in the GRASS AREA ONLY. NO ONE IS ALLOWED ON SOFTBALL/BASEBALL FIELDS-NO EXCEPTIONS.**



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Events will be combined at the discretion of the meet director in order to expedite the overall meet, while ensuring fair competition.

ORDER OF EVENTS:

RUNNING EVENTS - BEGIN AT 8:30 A.M.

TIMED FINAL 3000 METER RUN – 1 HEAT	9&10 through 15-18
TIMED FINAL 1500M RACE WALK – 1 HEAT	9&10 through 15-18
FINAL 50 METER DASH	6&UNDER
FINAL 100 METER DASH	6&UNDER
TIMED FINAL 100 METER DASH	7&8 through 15-18
TIMED FINAL 1500 Meter RUN	9&10 through 15-18
TIMED FINAL 400 METER DASH	7&8 through 15-18
TIMED FINAL 800 Meter RUN	7&8 through 15-18
TIMED FINAL 200 Meter DASH	7&8 through 15-18

Note: All running events will be run girls first, then boys, from youngest to oldest within each event. We reserve the right to run age groups and/or genders together in the 1500 run and 1500 race walk.



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ALL FIELD EVENTS - BEGIN @ 9:00 A.M.

LONG JUMP	HIGH JUMP
7&8 YR OLD GIRLS (RUNWAY 1) 7&8 YR OLD BOYS (RUNWAY 2)	9&10 YR OLD GIRLS
9&10 YR OLD GIRLS (RUNWAY 1) 9&10 YR OLD BOYS (RUNWAY 2)	9&10 YR OLD BOYS
11&12 YR OLD GIRLS (RUNWAY 1) 11&12 YR OLD BOYS (RUNWAY 2)	11&12 YR OLD GIRLS
13&14 YR OLD GIRLS (RUNWAY 1) 13&14 YR OLD BOYS (RUNWAY 2)	11&12 YR OLD BOYS
15-18 GIRLS / WOMEN (RUNWAY 1)	13&14 YR OLD GIRLS
15-18 BOYS / MEN (RUNWAY 2)	13&14 YR OLD BOYS
	15-18 GIRLS / WOMEN (RUNWAY 1)
	15-18 BOYS / MEN (RUNWAY 2)

SHOT PUT	DISCUS
7&8 YR OLD GIRLS	11&12 YR OLD GIRLS
7&8 YR OLD BOYS	11&12 YR OLD BOYS
9&10 YR OLD GIRLS	13&14 YR OLD GIRLS
9&10 YR OLD BOYS	13&14 YR OLD BOYS
11&12 YR OLD GIRLS	15-18 GIRLS / WOMEN
11&12 YR OLD BOYS	15-18 BOYS / MEN
13&14 YR OLD GIRLS	
13&14 YR OLD BOYS	
15-18 GIRLS / WOMEN	
15-18 BOYS / MEN	