

# 2019 HUGH MORRISON TRACK & FIELD MEET

## ***TRACK EVENTS ORDER***

1) 50M 2) 1500 3) 100M 4) 800M 5) 200M 6) 3000M 7) 400M 8) 4x100 Relay

## ***FIELD EVENTS***

Pole Vault, Triple Jump, High Jump, Running Long Jump, Standing Long Jump, Shot Put, Discus & Javelin.

## ***DATE***

**Saturday, February 9, 2019 Track and Field Events**

## ***TIMES***

### **FIELD EVENTS**

Check in is at 8:00 AM

Competition begins at 9:00 AM

### **TRACK EVENTS**

Check in is at 12:00 PM - - - Competition begins at 1:00 PM

We are sorry that we cannot give exact times for particular races since the number of athletes registered will determine the schedule. You will receive your Bib number at check in.

## ***SITE***

Saguaro High School, 6250 N 82nd St, Scottsdale, AZ 85250

## ***AMENITIES***

Restrooms: Yes      Phones:(\$)  
Food: No      Water: Yes

## ***FEEES***

Early Bird Reg.: \$28.00 Registration fee + \$12.00 Sport fee per event by Dec. 15, 2018.

Late Reg.: \$35.00 + \$12.00 Sport fee per event from Dec.16, 2018 thru Jan. 6, 2019.

Mail In: Add \$10.00 (incl. addl. processing fee). **Postmarked by 12/31/18.**

Payment can be made by check or credit card (VISA, MasterCard or Discover).

## ***REGISTRATION DEADLINE:***

**Sunday, January 6, 2019.**

## ***ENTRY REQUIREMENTS***

1. Runners may use 1/4" spikes or non-studded running shoes.
2. Competition is in 5 year age groups: 50-54, 55-59 etc. Age will be determined as of 2/9/19.
3. Sole competitors in an age group will compete in the next lower age group. Awards are by age.
4. Age division of relay teams will be based on the age of the youngest team member as of 2/9/19.

## ***FORMAT – USATF Recognized Meet***

## ***SPORT RULES - TRACK***

1. USATF/NSGA rules apply unless noted herein.
2. The first false start will be charged to the field. The 2nd false start will DQ the competitor.
3. Bull Pen will be used for reporting to an event. Athletes must report when their race is called.  
Athletes who report late will forfeit competition.
4. Order of events will be posted at the site and will be in the order listed above.
5. Relay teams will be assigned at the event. Age division of relay teams will be based on the age of the youngest team member as of February 9, 2018
6. All track events are electronically timed finals.

## ***SPORT RULES - FIELD***

1. Please register only for events for which you have trained.
2. Athletes must report to the area where the event is being conducted when their event is called.  
Please do not register for more events than you can manage.
2. Field events allow for 4 attempts. Exception: High Jumpers and Pole Vaulters will be allowed 3 consecutive misses.
3. Competitors will have until the start of the next event to complete their throws or jumps.
4. Field athletes may use their own equipment only if approved by the sport Commissioner.
5. Vaulters must provide their own poles.

### ***All:***

1. Awards will be announced and given as soon as possible after results can be verified. Athletes who choose not to stay for the awards ceremony, must pick up their medal at the ASO office starting the week of Feb. 11th. Medals will not be mailed.
2. All athletes must wear their assigned numbers during the competition.

## ***EQUIPMENT FOR FIELD EVENTS***

<b>Age group</b>	<b>Discus</b>	<b>Javelin</b>	<b>Shot Put</b>
M50-54	1.5kg	700g	6kg
M55-59	1.5kg	700g	6kg
M60-64	1.0kg	600g	5kg
M65-69	1.0kg	600g	5kg
M70-74	1.0kg	500g	4kg
M75-79	1.0kg	500g	4kg
M80+	1.0kg	400g	3kg
W50-54	1.0kg	500g	3kg
W55-59	1.0kg	500g	3kg
W60-74	1.0kg	500g	3kg
W75+	.75kg	400g	2kg

### ***SPORT COMMISSIONER***

Michael Sanderfer

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