

Join us for the annual Junior Developmental Track Meet



SATURDAY June 1, 2019 8:00AM-2PM at the

Strath Haven All-Weather Track

(Next to the Strath Haven Middle School on Providence Road)

This is a free event for ages 8 to adult - sponsored by the Delaware County Road Runners Club and the Swarthmore Recreation Association

All participants must complete an entry form (below)

with parent signature and bring it to the meet

JUNIOR DEVELOPMENT TRACK MEET

SATURDAY JUNE 1, 2019 8:00 AM - 2 PM at the

STRATH HAVEN ALL-WEATHER TRACK

(Next to Strath Haven Middle School on Providence Road)

Sponsored by the DELAWARE COUNTY ROAD RUNNERS CLUB
and the SWARTHMORE RECREATION ASSOCIATION

Entry Fee: None. The sponsors want to encourage greater participation. The meet is open to all girls and boys aged 18 and under. There are no restrictions on place of residence.

Groups: There are six age groups determined by the year in which you were born:
Sub-Bantam- born 2011 or later; Bantam-born 2009 or 2010; Midget - born 2007 or 2008;
Youth- born 2005 or 2006; Intermediate- born 2003 or 2004; Senior- born 2001 or 2002.

Registration. All participants must fill out the entry blank (below) with parent signature and bring it to the meet. Forms will be available at the meet, also. **Do not mail in any entry.**

Schedule: Participants should get to the track at least 30 minutes before their event. Starting times may be moved up 30 minutes. If spikes are used, the maximum length of spikes is 1/8 inch. Unless specified, running events will include all age groups from youngest to oldest: SB, B, M, Y, I, and S.

8:00 a.m.	Check-in begins	
8:40 a.m.	1600 meter run (SB and B)	
9:00 a.m.	Open Mile (ages 19 and up)	9:15 a.m. Softball throw (SB, B, M)
9:15 a.m.	800 meter run	9:15 a.m. Shot Put (Y, I, S only)
9:45 a.m.	100 meter trials and finals	9:15 a.m. Long Jump (Y, I, S)
10:45 a.m.	1600 meter run (M, Y, I, S)	10:30 a.m. Long Jump (SB, B, M)
11:30 a.m.	200 meter finals (by time)	10:30 a.m. High Jump (SB, B, M)
12:15 p.m.	400 meter runs	11:30 a.m. High Jump (Y, I, S)
1:00 p.m.	4 X 100 meter relay	Medals will be awarded to all 1st place finishers.
1:30 p.m.	4 X 400 meter relays (Y, I, S)	Ribbons to 2nd, 3rd, and 4th places.

Note. Advancement to the finals in the 100 meters will be determined by best times only. No trials for 200m
Bad Weather. Any decision to cancel the meet will be made at the track the morning of the meet.

Meet Directors: Colleen Murphy- 484-597-0200; Byron Mundy- 610-534-2833

Last name _____ First _____ Birthdate _____ Sex M / F

Address _____ Town _____ State _____ ZIP _____

Team (if any) _____ Phone # _____

Waiver: We understand that there are risks of injury involved in competing in this event, including falls, contact with other participants, hot weather, and condition of the track. We further understand that participants should be medically able and have the proper fitness level to enter this competition. (Parents) I grant permission for my child to participate in this Junior development track meet held at Strath Haven Middle School on June 1, 2019.

Signature of entrant _____ Parent Signature _____ Date _____