

FIREBIRDS ATHLETICS CLUB
OF
MONTGOMERY COUNTY MARYLAND, INC.
Annual Invitational Track Meet

Co-Sponsor – Montgomery County Department of Recreation

DATES:

Saturday May 27, 2006
Sunday May 28, 2006

Time:

Registration: 8:30 – 10:00 am Each Day
Events Start: 9:15 am Each Day

SITE:

Winston Churchill High School
11300 Gainsborough Road
Potomac, Maryland 20854

INFORMATION:

Gene Neal – Meet Director
(240)793-2614
Adrian McDaniels – Asst. Dir.
(301)762-0765

INDIVIDUAL AWARDS:

1st through 6th place medals

AGE GROUPS:

Age determined as of December 31, 2006 for boys and girls.
(The age you will be on the date above)

Sub-Bantams (8 & under)	_____	Birth Year – 1998 or later
Bantams (9 & 10)	_____	Birth Year – 1996 or 1997
Midgets (11 & 12)	_____	Birth Year – 1994 or 1995
Youth (13 & 14)	_____	Birth Year – 1992 or 1993
Intermediate (15 & 16)	_____	Birth Year – 1990 or 1991
Young Men & Women (17 & 18)	_____	Birth Year – 1988 or 1989

Young Men and Women will also include 1987 birth year born on or after Aug. 1st.

DISQUALIFICATION:

Age violations will disqualify individuals and entire relay teams if any one of the team members is in violation. May also result in the entire Track Club being disqualified from the meet.

FACILITIES:

Restrooms will be opened at 9:00 am

REFRESHMENTS:

Food and Drink will be available for purchase

PARTICIPATION LIMITATIONS:

Maximum of 3 events per person including relays for 12 and under – 4 events for 13 and up.

VIOLATION OF THIS RULE WILL RESULT IN FORFEITURE OF ALL AWARDS IN THE MEET. THIS APPLIES TO INDIVIDUALS AND POSSIBLY ENTIRE TEAMS.

Maximum of 5 entrants per team in each age group boys and girls may enter the 200 and 400 Meter Dashes. Teams wishing to enter more than 5 will be assessed an additional \$5.00 in the bullpen, unless your club has paid the team maximum. STRICT ENFORCEMENT.

MEET RULES AND REGULATIONS:

No bare feet or stocking feet. Shirts required. Maximum ¼” spikes. Supply your own starting blocks. Lane assignments will be by random drawing. Name/Club stickers will be required. Teams must bring your own pre-filled out labels, but please be sure they are no larger than 3 ½” by 15/16”. Sticker should include team and participant's name, age group and event.

Relay members must all have the same jersey or top.

OFFICIALS:

Additional help may be needed in Emergencies only. Your cooperation will be appreciated.

CLEAN UP:

Please bring trash bags to police your area before you leave, particularly the ones of you on the hillside and grass areas.

ENTRY FEE:

\$5.00 per individual. \$10.00 per relay. Team Maximum is \$395.00. Call to confirm participation with an estimate of the number of athletes you will bring. One registration covers both days.

*****PLEASE NOTE:**

1. Please adhere to the participation limits including relays.
2. Only 5 entrants per team in each age group and sex will be allowed to enter the 200 and 400 Meter Runs unless your team has paid the maximum at registration. Others will be assessed an additional \$5.00 in the bullpen.

ORDER OF EVENTS AND AGES

Saturday May 27, 2006

RUNNING EVENTS:

1500 Meters	All Ages
100 Meter Semi-Finals	All Ages
4 x 800 Meter Relay	11 and Up
Sprint Hurdles	
80 Meter	11 – 12
100 Meter	13 – 14
100 Meter	15 – 18 girls
110 Meter	15 – 18 boys
100 Meter Finals	All Ages
400 Meter Timed-Finals	All Ages
4 x 100 Meter Relay (Timed Finals)	All Ages

FIELD EVENTS:

Long Jump	8 & under - 10
High Jump	9 and Up
Shot Put	12 & under
Discus	11 –12
Turbo Javelin	8 – 12

Sunday May 28, 2006

RUNNING EVENTS:

3000 Meter Run	11 and Up
200 Meter Timed-Finals	All Ages
800 Meter Run	All Ages
1500 Meter Race Walk	All Ages
200 Meter Hurdles(Timed F)	13 – 14
300 Meter Hurdles(Timed F)	15 and Up
4 x 400 Meter Relay	All Ages

FIELD EVENTS:

Long Jump	11 and Up
Shot Put	13 and Up
Discus	13 and Up