



Fort Collins Track Club Invitational

DATE: Saturday, June 13, 2009
TIME: 8:00 a.m.
LOCATION: French Field, Rocky Mountain High School, Fort Collins, Colorado
 I-25 to Harmony; west on Harmony to Shields; right on Shields (north) approximately 1.5 miles to Swallow; left on Swallow and RMHS will be on your right. Parking will be at east and west side of school.

FACILITY: 400M all weather surface
TIMING: Fully Automatic Finish Lynx
SPONSOR: Fort Collins Track Club
SANCTION: USA Track & Field
AWARDS: Medals 1st-3rd, Ribbons 4th - 6th
ENTRY FEES: Meet Day entries are \$5.00 per event, \$20.00 per relay.
REGISTRATION: 7:00 a.m.
ELIGIBILITY: Competition is open to all USAT&F member athletes. Membership will be available at the meet.

EVENT LIMITATIONS:

Bantam (3 event limit)	(10 & under)	100/200/400/800/1500/400R/1600R/HJ/LJ/SP
Midget (3 event limit)	(11-12)	100/200/400/800/1500/3000/80mh/400R/1600R/HJ/LJ/SP/DIS
Youth (4 event limit)	(13-14)	100/200/400/800/1500/3000/100mh/200mh/400R/1600R HJ/LJ/TJ/SP/DIS/PV
Intermediate (4 events)	(15-16)	100/200/400/800/1500/3000/100mh/110mh/400mh/400R 1600R/HJ/LJ/TJ/SP/DIS/PV
Young M&W (4 events)	(17-18)	same as intermediate +5000M run for the men
Open & Masters (4 events)		same as Young men & women

AGE AS OF DECEMBER 31, 2009; all athletes must compete in their own age division and compete in events listed for their age group only.

SCHEDULE OF EVENTS

TRACK

First call 7:30
 8:00 1500 M Run
 8:30 80M/100M/110M Hurdles
 9:15 400 M Relays
 10:00 400 M Dash
 11:00 100 M Prelim.
 12:00 LUNCH BREAK
 12:30 800 M Run
 1:15 100 M Finals
 1:45 200M/400M Hurdles
 2:30 200 M Dash
 3:30 3000/5000 M Run
 4:15 1600 M Relays

FIELD

First call 8:00a.m, first events start at 8:30.
LJ(BB,BG,MB,MG) **HJ**(YB,YG) **SP**(BB,MB,YB)
LJ(YB,YG)**HJ**(BB,MB)**SP**(BG,MG,YG) **PV**(ALL)
LJ(IB,IG)**HJ**(IB,YM,OM)**SP**(IG,YW,OW)
LJ(YM,OM,YW,OW) **HJ**(BG,MG)**SP**(IB,YM,OM)
HJ(IG,YW,OW)**DIS**(ALL FEMALE)
TJ(ALL MALE) **DIS**(ALL MALE)
TJ(ALL FEMALE)