

2010 Howard County Spring Track Classic

May 1st, 2010 10:00 A.M. Long Reach HS

Site of the 2010

Howard County Outdoor Track Championships &

3A EAST & 2A SOUTH MPSSAA REGION MEETS

RULES & REGULATIONS:

1. This meet will have semis if needed for the 100 & 100/110 hurdles.

All other events will be finals only, places determined by time.

2. MPSSAA rules will be followed.

3. **FAT TIMING MPSSAA & BORDERING -STATES SANCTIONED**

- NO radios or tape players allowed.
- **JEWELRY RULE WILL BE IN EFFECT FOR ALL EVENTS.**
- Relay teams must have identical school issued uniforms.
- Starting blocks will be provided.
- There will be Weigh-in for throwing implements & Pole Vault.

**ONLINE ENTRIES ONLY: ENTRIES CLOSE APRIL 25'
2010 MIDNIGHT**

**GO TO HOCORUNNING.COM & FOLLOW THE LINK
FOR MEET ENTRY**

Contact Norm Belden at coachbelden@gmail.com

Meet entry code: 50110

Entry fee \$125.00 per team (\$200.00 for both boy & girl teams)

**Make Checks Payable to: LIME KILN
MIDDLE SCHOOL**

Attn: Norman Belden

11650 SCAGGSVILLE ROAD

FULTON, MD 20759

**CONTESTANTS MUST ACCOMPANIED BY THEIR COACH OR
SCHOOL REPRESENTATIVE**

AWARDS: Custom Medals for 1st, 2nd, & 3rd and ribbons for 4th thru 6th place in each event.

Trophies awarded to the 1st & 2nd place boys and girls team.

SCORING: Scoring will be 10-8-6-4-2-1 for all events.

Coaches, Managers & Spectators

ARE NOT ALLOWED ON THE TRACK OR THE INFIELD.

ADMISSIONS: Admission will be \$5.00 (children under the age of seven free).

PROGRAMS: Meet Programs will be on sale for \$1.00

PARKING: Free parking will be available for buses and cars adjacent to the track.

T-SHIRTS: Meet T-Shirts will be for sale at \$10:00 each

COACHES' MEETING: Coaches will meet at 9:00 a. m. by the track storage garage.

CONTACT: Norm Belden: e-mail coachbelden@gmail.com

LIME KILN MIDDLE SCHOOL

11650 SCAGGSVILLE ROAD FULTON, MD 20759

(C) 410-917-8010 (W) 410-880-5988

Order Of Events
2010 HoCo Spring Track Classic

2010 Howard County Spring Track Classic Invitational

ORDER OF EVENTS

RUNNING EVENTS

100 HURDLES SEMI G

110 HURDLES SEMI B

100 METER DASH SEMI G/B

3200METER RELAY GIRLS

3200METER RELAY BOYS

110 HURDLES FINALS

100 HURDLES FINALS

100 METER DASH FINALS B/G

1600 METER RUN G/B

800 METER RELAY G/B

3200 METER RUN G/B

300 HURDLES G/B

800 METER RUN G/B

400 METER RELAY G/B

400 DASH					
400 OPEN WHEELCHAIR					
800 RUN					
1600 RUN					
<u>3200 RUN</u>					
HIGH JUMP					
LONG JUMP					
TRIPLE JUMP					
SHOT PUT					
DISCUS					
<i>POLE VAULT</i>					
<i>RELAY ENTRIES:</i>			XXXXXX		
4 X100			XXXXXX		
4 X 200			XXXXXX		
4 X 400			XXXXXX		
4 X 800			XXXXXX		

No late entries will be accepted.

TEAM ENTRIES ARE LIMITED

ENTRY FEES: \$ 125.00 PER TEAM

(\$200.00 IF ENTERING BOYS & GIRLS TEAMS)

MAKE CHECKS PAYABLE TO: **Lime Kiln Middle School**

SEND ENTRY FEES TO: **Lime Kiln Middle School** Attn: Norm Belden

11650 Scaggsville Road

Lime Kiln Middle School

Fulton, Maryland 20759

Contact: Coachbelden@comcast.net or norman_belden@hcpss.org

(410) 880-5988(D) (410) 917-8010 (C)

AWARDS: MEDALS FOR 1st, 2nd & 3rd place RIBBONS for 4th, 5th & 6th place

TROPHYS: FIRST & SECOND PLACE BOY & GIRL TEAMS.

Coaches/Scratch Meeting 9:15 A.M. FAT TIMING