

EVENT SCHEDULE

FRIDAY, MARCH 30

Field (5:00 PM)

Long Jump 5-6 Girls
Shot Put 7-8 Girls, 7-8 Boys
High Jump 7-8 Boys, 7-8 Girls

Track (5:15 PM)

55m Hurdles (CSAA Spacing)
200m
1600m

SATURDAY, MARCH 31

Field

LJ (9:00 AM) 5-6 B, 7-8 G, 7-8 B
JAV (9:00AM) 7-8 G, 7-8 B
SP (10:30 AM) 5-6 G, 5-6 B
HJ (11:00 AM) 5-6 G, 5-6 B

Track (10:00 AM)

100m
800m
4x100m Relay
400m
3200m
Medley Relay (200-200-400-800)

All track events will be run in the following order: 5-6 Boys, 5-6 Girls, 7-8 Boys, 7-8 Girls

SACRED HEART ACADEMY

Sacred Heart Academy is a Catholic, college preparatory, high school which has been educating young women since 1877. The SHA Track and Field team was Kentucky AAA State Champion in 2011 led by All American distance runner Emma Brink, hurdlers Kristin Matula and Lilly Campbell, and a core of middle distance runners in the 4x800m Relay.



DERBY CITY ATHLETIC CLUB

The Derby City Athletic Club is a non-profit organization primarily dedicated to the long-term development of younger distance runners. DCAC was the national AAU team cross country champion in 2009 and runner-up in 2010 and 2011. Its 100+ members include several age group state and national champions.



and the



are proud to host the

LIGHTNING TRACK & FIELD INVITATIONAL

Friday, March 30 and
Saturday, March 31, 2012

Sacred Heart Academy Track -
3175 Lexington Road 40206

5th - 8th Grade Boys and Girls

Meet Director, Joe Buechler
buechler@insightbb.com

ENTRIES

Deadline: Monday March 26, 2011

Fee: \$75 per school
\$5 per individual if fewer than 15 athletes
\$5 per unattached athlete

Send entry fee (payable to Derby City AC) to Joe Buechler, 307 Pepperbush Rd. Louisville, KY 40207

Send hy-tek entries to David Flaughner, dflaughneris@gmail.com

HEAT SHEETS

Heat Sheets available Wednesday, March 28 at www.derbycityac.com

RESULTS

Posted on-site and on-line within 30 min. of completion of event at www.derbycityac.com

AWARDS

Individual - Medals to top three finishers, ribbons to places four through eight

Relay - Medals to winning team, ribbons to second and third place teams

Team - Trophy to winner and runner-up teams in each division

Clubs are not eligible for team awards

ADMISSION

March 30: \$2 Adult, \$1 Sr./Grade School

March 31: \$3 Adult, \$2 Sr./Grade School

COACHES MEETING

6:15 PM Thursday, March 29 in the Sacred Heart Academy cafeteria - 3175 Lexington Rd. (Not mandatory)

INFO

ENTRY LIMITS

An athlete may compete in a maximum of four individual events and unlimited relays

AGE DIVISIONS

5-6 grade girls, 5-6 boys, 7-8 girls, 7-8 boys

An athlete may compete "up" in age but not "down" and may only compete in one age group

TEAM SCORING

Points will be awarded on a 10-8-6-5-4-3-2-1 basis

Only the top two individual finishers and top relay from each school will score points in each event

COMPETITOR NUMBERS

All competitors must wear assigned numbers on the front of their jerseys and on their left hip

TIMING

FinishLynx Fully Automatic Timing

HEATS

All events are finals

Coaches are strongly encouraged to submit performance marks as athletes will be seeded.

Heats will run from fastest to slowest.

FIELD EVENTS

Three attempts in the Long Jump, Shot Put and Turbojav.

The high jump will open at the following heights: G5-6 - 3' 2", G7-8 - 3' 6", B5-6 - 3' 4", B7-8 - 4' 0"

EVENT CHECK IN

Athletes must report to the clerk of course. Any athlete not reporting by the third call may be dropped from the event at the discretion of the clerk. If an athlete is competing in events being held simultaneously, the athlete shall communicate with the field event official and the running clerk to resolve the conflict with the running event taking precedence.

RACING ACCESSORIES

Spikes and starting blocks are allowed

TENTS

Tents may be located in the grass and parking lot outside the fence bordering the east side of the track

FACILITY RESTRICTIONS

No spectators allowed in the infield

No food or beverage (other than water) allowed in the infield

CONCESSIONS

Concessions will be available throughout both sessions

TRACK & FIELD DESCRIPTION

The SHA facility is an eight lane synthetically surfaced track. High Jump and Long Jump surfaces are asphalt.

WEATHER

Thunderstorms and other unsafe conditions will postpone the meet. Rain will not stop this competition.