

The Delaware County Road Runners Club & the Swarthmore Recreation Association invite athletes to join us at the

Jr. Developmental Track Meet



WHEN: Saturday, June 1, 2024, beginning at 9 am

WHERE: King Field, Strath Haven Middle School

WHO: Open to all athletes (regardless of '24 SRA Track program participation) ages 18 or younger

Stay for the day, or join only for select events:

Individual: 100m/200m/400m/800m/1600m

Relays: 4x100m/4x400m

Field: softball throw, long jump

(Registration, projected schedule as listed)

JUNIOR DEVELOPMENT TRACK MEET
SAT., JUNE 1, 2024 8:00 AM - 2 PM at the
STRATH HAVEN MIDDLE SCHOOL –KING FIELD

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, using AAU named designations, determined by the year in which you were born:

Sub-Bantam- born 2016 or later; Bantam-born 2014 or 2015; Midget - born 2012 or 2013; Youth- born 2010 or 2011; Intermediate- born 2008 or 2009; Senior- born 2006 or 2007.

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.

8:00a.m Check-in begins

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

9:45 a.m. 100 meter trials and finals

9:15 a.m. Long Jump (Y, I,

S,)

10:45 a.m. 1600 meter run

11:30 a.m. 200 meter finals (by time)

12:15 p.m. 400 meter runs

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: Byron Mundy: 610-534-2833 Eileen Kelly (SRA) eileenkelly@gmail.com

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 Strathaven Middle School on June 1, 2024.

Signature of entrant _____ Parent Signature _____ Date _____