



UPDATED 12/5/15

2016 Track & Field Season Finale - Rush Athletics USA Invite

USATF SANCTION # 16-21-008

July 16, 2016
Lewis University - Romeoville, IL



DATE: July 16, 2016

LOCATION: Lewis University
1 University Parkway
Romeoville, IL 60446

HOST: Illinois Rush Track Club, email: illinoisrush@gmail.com

MEET DIRECTOR: Nicole Lincoln, cell: 815-556-9650



Bernard Williams Pro Techniques



Winged Foot Foundation



- ENTRY DEADLINE:** July 12, 2016 by 11:59pm CST (**NO REFUNDS**)
- ENTRY FEE:** \$20 per athlete (Relays included) / \$20 per unattached athlete - NO REFUNDS
- AGE:** 6 - 18 (age as of 12/31/16)
- ELIGIBILITY:** Open to any athlete and/or Club/Team. To view information packet, go to www.coacho.com or www.ilrushclub.org
- REGISTRATION:** Each athlete must be registered online at www.coacho.com. Only Mastercard and Visa Credit Cards will be accepted. Cash, checks, and money orders will not be accepted. NO REFUNDS will be issued.
- DATE:** July 16, 2016
- LOCATION:** Lewis University
1 University Parkway
Romeoville, IL 60446
- USATF SANCTION:** # 16-21-008
- ADMISSIONS:** \$5 for Adults / \$2 for Children 6 to 12 / Children 5 and under FREE
- PARKING:** Parking is **FREE!**
- RUNNING EVENTS:** Athletes will report to Clerk of Course for check-in.
- FIELD EVENTS:** Athletes will report to field event for check-in.
- RULES:** The meet will be conducted under the competitive rules of the USATF National Governing Body.
- CONDUCT & FACILITY:** Lewis University and athletic fields are tobacco and alcohol free. Pets are not allowed. Athletes and spectators shall conduct themselves in a manner which respects the rights of others and reflects favorably upon the Illinois Association and AAU.
- AWARDS:** There will be medals for 1st – 8th place. An overall team award will be given to the top five scoring teams.
- PACKET PICK-UP:** Coaches/Unattached athletes can pick up their meet packet/bib number at the check-in area identified in the front of stadium beginning 1 hour prior to the first event after 8am.
- COACHES' MEETING:** There will be a coaches' meeting at 8:45 AM to verify all entries prior to the start of the meet. NO ENTRIES will be added, changed, or modified after the start of the meet at 9 AM!
- CONCESSIONS:** A full concession stand will be available during the meet. Coolers are acceptable – no glass bottles please. Personal grills & barbeque pits are not allowed.
- TENTS:** Tents allowed in designated areas only and should not block the track, finish line, field events or flow of meet.

Medical assistance will be available onsite. Events will be combined at the discretion of the meet director in order to expedite the overall meet, while ensuring fair competition.

Age Division: (contested based on birth year as of 12/31/16)

Exhibition	(Non-competitors 2007 & under)
8 & Under	(2008 & under)
9 - 10	(2006 - 2007)
11 - 12	(2006 - 2005)
13 - 14	(2004 - 2003)
15 & 16	(2001 & 2000)
17 & 18	(1999 & 1998)
Open/Masters	(1997-1900)

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Order of Events

9 AM – Field Events

Long Jump (Pit 1) Exhibition, 8&Under, 9-10, 11-12
Long Jump (Pit 2) 17-18, 15-16, 14-13, Open-Master
Triple Jump (Pit1) following Long Jump
High Jump (Youngest to Oldest)
Pole Vault (*It will be run coed. Lower heights first.*)
Shot Put (Oldest to Youngest)
Discus (Following SP Youngest to Oldest)
Turbo Jav/Javelin includes Exhibition (Following PV)

NOTE: All jumps & throws–Three (3) attempts only)

****Athletes must provide their own implementation/
equipment (i.e. shot put, discus, poles, & javelins)****

9am – 10am, 12pm – 1pm, & 3pm

Meet & Greet Tent - Photo Op with

- 2x US Olympic Champion Bernard Williams
- Olympic Champion Rochelle Steven
- Olympian/World-National Champion Hazel Clark

8:00am - 9:30am: Track Open

10 AM – Running Events (Rolling Schedule)

1500m* / 3000m* RW (9 yrs. & up)
3000m* (11 yrs. & up)
80m Hurdles* (11 yrs & 12 yrs, Masters)
100m Hurdles* (13 yrs & up, Open/Masters)
110m Hurdles* (15 yrs & up, Open/Masters)
50m* Dash Exhibition (non-competitors 8 & under)
100m* (8 yrs & up)
1500m* (8 yrs & up)
“So You Think You Can Beat An Olympian” 50m (Heat1)
400m* (8 yrs & up)
4x100m Relay* (8 yrs & up)
200m Hurdles* (13 yrs & 14 yrs)
400m Hurdles* (15 yrs & up)
“So You Think You Can Beat An Olympian” 60m (Heat2)
800m* (8 yrs & up)
200m* (8 yrs & up)
4x400m Relay* (8 yrs & up)
Coaches’ 4x100m Relay*

* Denotes – Finals

***NOTE: Some races may be combined due to number of participants.**

In track and field, a competitor in the 8 & Under through 12 yr. old divisions may enter a maximum of three (3) events. Competitors in the 13 yr. old through 18 yr. old divisions may enter a maximum of four (4) events. These limitations include relays which will be considered an entry for the purpose of this rule.

FOR MORE INFORMATION:

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