

# 2<sup>nd</sup> ANNUAL LINCOLN HEIGHTS INVITATIONAL



**DATE:** June 4, 2011

**LOCATION:** Mason High School  
6100 Mason Montgomery Road  
Mason, Ohio 45040

**HOST:** Lincoln Heights Track Club      Kim Newman/Kip Flanigan  
[lhtrackclub@yahoo.com](mailto:lhtrackclub@yahoo.com)      [lhtrackclub@yahoo.com](mailto:lhtrackclub@yahoo.com)

**ENTRY DEADLINE:** June 1, 2011

**FEE:** \$13/athlete

**AGE:** 5- 18 (age as of 12/31/11)

**TIME:** 9:00 a.m. Field Events 9:45 running

**ADMISSION:** \$3 (8 & under free)

**AWARDS:** Medals (1<sup>st</sup>-3<sup>rd</sup>) Ribbons (4<sup>th</sup>-6<sup>th</sup>)

*\*Competitors should bring their own implements to be used at Meet.*

- This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connect. Participants are encouraged to visit the AAU web site [www.aausports.org](http://www.aausports.org) to obtain their membership.

## FOR MORE INFORMATION:

Kim Newman  
513-850-1053

[lhtrackclub@yahoo.com](mailto:lhtrackclub@yahoo.com)

Team website : [www.lhtrackclub.com](http://www.lhtrackclub.com)

Athlete Entry: [www.coacho.com](http://www.coacho.com)

## ORDER OF EVENTS

**All field events 9:00 a.m. 3 Jumps/Throws**

**Boys LJ - Seniors-Youth: Midgets, Bantam, Primary, Pee Wee**

Girls LJ – Seniors-Youth: Midgets, Bantam, Primary, Pee Wee

**Boys/Girls HJ – All jumpers report**

Boys Discus – All age groups report

**Girls Shot – Pee Wee, Primary-Bantam, Midget, Youth Seniors**

Girls Discus – All age groups report

**Boys Shot – Pee Wee, Primary, Bantam, Midget, Youth, Seniors**



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### **Running Events 9:45a.m.**

3000m

80/100/110 hurdles

100m (8 fastest to finals)

1500m

100m Finals

4x100m

400m

800m

200m

**Pee Wee ages 6 and Under** (born 2005 or after)

100m, 200m, long jump and shot put

**Primary ages 8 & Under** (born 2003-2004)

100m, 200m, 400m, 800m, 4x100, long jump and shot put

**Bantam ages 9-10** (born 2001-2002)

100m, 1500m, long jump, high jump, shot put, 4x100m, 4x400m

**Midget ages 11-12** (born 1999-2000)

100m, 3000m, 80m hurdles, 4x100, 4x400, long jump, high jump shot, discus

**Youth ages 13-14** (born 1997-1998)

100m, 3000m, 100m hurdles, 4x100, 4x400, long jump, high jump shot, discus, triple jump

**Young Men/Young Women 15-19** (born 1993-1996)

100m, 3000m, 100/110 hurdles, 4x100, 4x400, long jump, high jump shot, discus, triple jump

All events are timed finals except the 100 meter. Age groups may be combined for the 800 – 3000 meter run

All athletes are to report by the second call. If the athlete has not reported to the clerking area by the start of the first heat, the athlete will not be permitted to participate in that race.

**ALL COACHES AND SPECTATORS ARE PROHIBITED FROM THE INFIELD AND THE TRACK ONCE THE TRACK EVENTS BEGIN. IF A TRACK COACH OR SPECTATOR REFUSES TO REMOVE HIM/HERSELF FROM THE UNAUTHORIZED AREAS, IT WILL RESULT IN THE DISQUALIFICATION OF YOUR ATHLETE(S) IN THAT PARTICULAR EVENT.**

Good sportsmanship is expected of all coaches and athletes during the event.

Relay team members must be members of the team they represent and must wear uniforms of the same color.

Throwing the baton following the finish of any relay will cause the relay team to be automatically disqualified from the event.

**Awards: Medals will be given for 1<sup>st</sup> – 3<sup>rd</sup> place. Ribbons for 4<sup>th</sup> – 6<sup>th</sup>**

# OHIO AAU TRACK & FIELD

## Lincoln Heights Invitational Athlete Waiver Form



### **\*\* Waiver of Liability \*\***

**PLEASE PRINT**

\_\_\_\_\_  
**First Name**

\_\_\_\_\_  
**Last Name**

\_\_\_\_\_  
**Address**

\_\_\_\_\_  
**City**

\_\_\_\_\_  
**State**

\_\_\_\_\_  
**Phone**

**Date of Birth**

\_\_\_\_/\_\_\_\_/\_\_\_\_  
month day year

**Circle:**

**Male**

**Female**

**Age Group:**

**6 and under**

**7-8**

**9-10**

**11-12**

**13-14**

**15-18**

### **Athlete's Participation Release:**

I do, hereby, for myself, my heirs, executors and administrators, waive, release, and forever discharge any and all rights and claims for damage which may have or may hereafter accrue to me against AAU Track and Field, Ohio Association of AAU T&F, Lincoln Heights TC, City of Mason, Mason City Schools, or their respective officers, agents, representatives, successors and/or assigns for any and all damages which may be sustained by me in connections with my association with or entry in the OHIO AAU Lincoln Heights Invitational, or which may arise out of traveling to or participating in, and returning from said meet.

Athlete's Signature \_\_\_\_\_

Parent's Signature \_\_\_\_\_

Track Club \_\_\_\_\_

