



**3rd Annual
Comets Developmental
Track & Field Meet
Hosted by
Comets of Charles County**

DATE: June 09, 2018

LOCATION: Henry E. Lackey High School

ADDRESS: 3000 Chicamuxen Rd, Indian Head, MD 20640

ONLINE REGISTRATION: www.coacho.com

COACHES MEETING: 8:30am

START TIME: 9:00am

CONTACT INFORMATION:

Robert Watson Co-Meet Director (301) 502-9420 E-Mail: thequickone@msn.com

Thea Hammock Co-Meet Director (240) 419-0217 E-Mail: thea.hammock@yahoo.com

FEES:

\$400.00 Team Fee (Includes 10 Relays)

\$5.00 Individual Athlete

\$20.00 Relay Team

AGE GROUPS:

Age determined as of December 31, 2018 for boys and girls.

(The age you will be on the date
above) Age Divisions

8&under (born 2010 or later)

9-10 (born 2009 - 2008)

11-12 (born 2007-2006)

13-14 (born 2005-2004)

15-16 (born 2003-2002)

17-18 (born 2001-2000)

* athletes born in 1999 are also
eligible if they do not turn 19 on or
before 7/29/2018

AWARDS:

Medals awarded 1st – 3rd Places Ribbons 4th – 6th Places

ORDER OF EVENTS

RUNNING EVENTS

80m, 100m, 110m Hurdles (Semi's)
1500m Run
100m Dash (Semi's)
400m Dash
3000m Run
60m Hurdles (final) Ages 9-10 only
80m, 100m, 110m Hurdles (Final's)
100m Dash (Final's)
800m Run
4x100m Relay
200m Hurdles, 400m Hurdles
200m Dash
4x400m Relay

FIELD EVENTS

Shot Put (starting 8& under to 17-18)
Discus (starting 17-18 to 11-12)
Turbo Javelin (starting 11-12 to 8&under)

Long Jump (17-18 to 8&under)
Triple Jump (13-14 to 17-18)

PARTICIPATION LIMITATIONS:

Maximum of 3 events per person including relays for 12 and under; 4 events for 13 and up.

There is limited bleacher space. Bleacher space is on a first come, first stay basis.

MEET RULES AND REGULATIONS:

No bare feet or stocking feet. Shirts required. Maximum ¼" spikes. Supply your own starting blocks and relay batons.

Name/Club stickers will be required. Teams must bring your own pre-filled out labels, but please be sure the stickers are no larger than 3 ½" by 1 ½". Stickers required for all athletes with age, name, gender, and club's name.

Relay members must all have the same jersey or top.

Confirmation of your team's participation is mandatory no later than May 18th in order to ensure we can stay within maximum attendance requirements.

Concessions will be available

COMETS DEVELOPMENTAL TRACK MEET

JUNE 09, 2018

WAIVER

TEAM/INDIVIDUAL NAME:

In consideration of the acceptance of my entry, I for myself, my executors, my team, administrators and assignees, do hereby release and discharge the Comets of Charles County, its officers and members, race officials, the Board of Education of Charles County, Henry E. Lackey High School and anyone connected with the Comets of Charles County of all claims and damages arising out of my participation in this event, including but not limited to, contact with other participants, dehydration, and race conditions. I attest that my team is or I am physically fit to participate in this event, and understand that the race director reserves the right to reject my entry for any reason.

Signature _____