

New Wave Track Club

Post Office Box 47914 ~ District Heights, MD 20753



DEVELOPMENT INVITATIONAL MEET

Dear Coaches & Parents,

We would like to extend this invitation to you to attend **NEW WAVE TRACK CLUB's** Developmental Invitational Meet scheduled for **Friday & Saturday, July 5-6, 2013** on the campus of H. D. Woodson High School, 540 55th Street, Northeast, Washington, DC 20019. Attached is the meet entry information. This will be a two day meet. Day 1 will focus on long and short Hurdles as well as distant races and field events and day 2 will focus on relays and field events.

The entry fees are \$5 per athlete, \$18 per relay and \$375 per team (*inclusive of both days*). We are running a full schedule of events for the following age groups: 8 & under, 9/10, 11/12, 13/14, 15/16 & 17/18.

Please email newwavetrackclub@hotmail.com with your intent to attend by: **June 20th**.

If you should have any questions or need further information, please contact one of the following Meet Administrators:

Kelli Felder	newwavetrackclub@hotmail.com	301.675.1279
Joan Syers	jasyers2@aol.com	240.460.8810
Karen Golatt	karengolatt@hotmail.com	202.390.0587

Gratefully yours in running,

New Wave Track Club
Karen Golatt ~ Head Coach

ENTRY INFORMATION

DATE: Friday & Saturday July 5-6, 2013

PLACE: **H. D. Woodson High School**
540 55th Street, NE
Washington, DC 20019

TIME: **Friday:** Coaches meeting @ **6:30pm** Running and field events start @ **7:00pm**
Saturday: Coaches meeting @ **8:30am** Running and field events start @ **9:00am**
SHARP!

FEES: **\$5.00** per athlete / **\$18.00** per relay
NO PERSONAL CHECKS PLEASE. Certified checks, team checks, money orders and cash will be accepted as payment. Please make all checks payable to **NWTC.**

SANCTION: USATF

AGE GROUPS: Age determined as of December 31, 2013

8 & under	born 2005 or earlier
9/10	born 2004-2003
11/12	born 2002-2001
13/14	born 2000-1999
15/16	born 1998-1997
17/18	born 1996-1995



****Coaches -- please inform your athletes of the proper age group to compete in according to the chart above. Maximum ¼ size spikes are allowed.**

AWARDS: Medals for 1st, 2nd and 3rd place winners. 4th – 6th will be awarded ribbons.

EVENT LIMITATIONS: None

TIMERS: We will have automatic timing or manual timing available.

CONCESSIONS: HD Woodson Staff & New Wave TC will serving hot and cold items.

ORDER OF EVENTS



FRIDAY NIGHT

BEGINNING AT 7:00pm

Girls will precede boys in all events

1500 Meter Run	All ages
80 Meter Hurdles	11/12
100 Meter Hurdles	13/14, 15/16 & 17/18 (Girls only)
110 Meter Hurdles	15/16, 17/18 (Boys only)
3200 Meter Run	All ages
200 Meter Hurdles	13/14, 15/16 & 17/18
800 Meter Run	All ages
400 Meter Hurdles	15/16 & 17/18

FIELD EVENTS

Long Jump	All ages
High Jump	11/12, 13/14, 15/16 & 17/18
Turbo Javelin	9/10 & 11/12

SATURDAY

BEGINNING AT 9AM

4X8 Relay	All ages
4X1 Relay	All ages
Coaches & Parent 4X1 Relay	ALL AGES
4X4 Relay	All ages
4X2 Relay	All ages

FIELD EVENTS

Triple Jump	13 and up
Javelin	13 and up
Shot Put	All ages
Discus	13 and up

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Developmental Invitational ~ Friday and Saturday, July 5-6, 2013

MEET DISCLAIMER

For consideration of my team's entry into this event, I willingly accept all responsibility for all of the athletes competing on my team. The team, as well as each athlete, waives all rights to damages and injuries against New Wave Track Club, its coaching staff, H.D. Woodson High School and/or the Management of the facility at H.D. Woodson High School.

I certify that to the best of my knowledge all of the athletes competing for my team are in good physical condition and have no injuries or illnesses that would impair their performance.

Signature of the coach: _____

Print Name: _____

Team Name: _____

Email Address: _____

Telephone Number: _____

\$5 per Athlete/\$18 per Relay/\$375 Team Fee

Number of Athletes: _____ @ \$5 each = _____

Number of Relays: _____ @ \$18 each = _____

Total Entry Fee Due: _____

Team Fee \$375 (please check) _____

