



F.I.R.E Track & Field Invitational

The F.I.R.E. purpose is to engage young people ages 5-18 in a positive experience and use track and field to promote recreation, education, leadership, community service and self-esteem. The program offers participation for the beginners, intermediate, and advance level athletes.

MEET INFORMATION

When: Saturday, July 11, 2009 — 8:00 All Divisions

Where: Rockford Guilford High School
5620 Spring Creek Rd.
Rockford, Il 61114

Meet Director: Lamont Jones, phone 815-962-7469 or email: lamontjones@rockfordparkdistrict.org

Meet Assistant: Monique Jones, phone 815-962-7469 or email: moniquejones@rockfordparkdistrict.org

Eligibility: This meet is open to any AAU and USATF Members, and Non AAU and USATF Members that fall within the age divisions listed below. However, for membership registration information, please visit the AAU website at www.aausports.org or USATF website at www.usatf.org.

Entry Fees: \$5 per event. No fee will be refunded. Entry will not be processed unless entry fee is paid by deadline. NO RACE DAY REGISTRATIONS OR CHANGES WILL BE ACCEPTED, NO REFUNDS WILL BE GIVEN.

Entry Process: All athletes/teams (including relay team members and alternates) must utilize the Rockford Park District online entry process via www.rockfordparkdistrict.org. This will permit a very efficient registration process that is easy to use. Registration will begin on **Monday June 22, 2009. Teams will have until 11pm CDT Wednesday, July 8, 2009 to complete registration.**

After registering online teams will receive a receipt from the website which will produce a list of all athletes registered for the meet. This receipt should be used as your transcript of your meet entries. If your athletes do not appear on the confirmation, they are not registered for the meet. Relay Team members must also be registered... Please take care of these issues prior to arriving at the meet.

NOTE: You must also bring proof-of-age, AAU and USATF memberships are not required but encouraged.

Event Eligibility: Three (3) events including relay for Primary, Bantam, Midget; four (4) events including relay for Youth, Intermediate & Young Men/Women. NOTE: entry in a relay, either as a primary or an alternate member, will be considered an entry for the purpose of this rule. If an athlete is entered into too many events, meet management reserves the right to reject the athlete from one or more events without notification.



Registered members of:

Waiver/Medical Statement must be signed and brought to the meet and provided at packet pick up!

Packet Pick Up: Packets can be picked up starting at 7:30 AM at the field, Saturday, July 11, 2009.

Volunteer Check in: All volunteers that have completed FIRE Track & Field Meet Training will be assigned to this event. Please report to the track at 7:00 a.m., Saturday, July 11, 2009 for assignments. Please contact Lamont Jones at 815-962-7469 or Angie Upton 815-987-8800 for volunteer assignments and information.

Age Divisions: The program is divided into nine (8) divisions for boys and girls. The athlete's year of birth shall determine the division in which the athlete shall compete.

Note the breakdown of age divisions they are as follows:

DIVISION	1000	2000	4000	8000	15000	15000	8000	10000	10000	LJ	SP	DT	HJ	4x100	4x400	4x800
Primary (2001— later)	X	X	X							X				X		
Bantam (1999 – 00)	X	X	X	X	X	X				X	X		X	X	X	
Midget (1997 — 98)	X	X	X	X	X	X	X			X	X	X	X	X	X	X
Youth (1995 — 96)	X	X	X	X	X	X		X	X	X	X	X	X	X	X	X
Intermediate Girls (1994 — 93)	X	X	X	X	X	X		X		X	X	X	X	X	X	X
Intermediate Boys (1992-91)	X	X	X	X	X	X				X	X	X	X	X	X	X
Young Women (1991*-92)	X	X	X	X	X	X		X		X	X	X	X	X	X	X
Young Men (1991*-92)	X	X	X	X	X	X				X	X	X	X	X	X	X

- Note there is no moving up in age division you must compete in your age division.
- Athletes who are still eighteen (18) years of age through the final day of the National Track & Field Meet are eligible to compete in the Young Men's and Young Women's division (August 4, 2009)

RELAYS: Relays are still conducted in combined age division: 8, 9 & 10, 11 & 12, 13 & 14, 15 & 16, and 17 & 18

Equipment: Please bring your own Shots, and Discus. Starting blocks will be available.

Facilities: Eight (8) lanes all weather track, ¼” spikes limit. Restrooms are available but no dressing facilities will be available. Refreshments will be available.

Admissions: \$5 Per Person, Children 5 and under FREE. Only those Coaches who present their 2009 AAU or USATF Coaches Membership and Athletes will be admitted free.

Awards: individuals: 1st through 3rd - Medals Relay Teams: 1st through 3rd – Medals



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Medical Waiver and Release of Liability

TRACK & FIELD EVENT WAIVER AND RELEASE

IMPORTANT INFORMATION

The Rockford Park District is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. The Rockford Park District continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of minors registering for this activity must recognize that there is an inherent risk of injury when choosing to participate in any track and field event.

You are solely responsible for determining if you or your minor child/ward are physically fit and/or adequately skilled for track and field participation. It is always advisable, especially if the participant is pregnant, disabled in any way or recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity. You are also solely responsible for selecting and wearing personal protective equipment.

When training, be aware of excessive workouts and your technique and speed. Injuries from overexertion often occur when participants go beyond the training program recommended for them. Before any event or practice, warm-up by jogging, stretching, and short sprints. Always warm down and slow your pulse rate back to normal before showering.

When training for distance running in urban areas, be alert for vehicle traffic and, if training during evening hours, always wear a retro-reflective safety vest. Ensure that jumping pits are well maintained and that runways are clear of debris. Ensure that the areas used for throwing events are clear of people – never assume that others can see that you are training.

Drink liquids before, during, and after workouts to prevent heat exhaustion. If you receive an injury, no matter how minor, report it to your trainer or physician. If not treated properly, minor injuries can often result in problems later on.

WARNING OF RISK

Track and field activities are intended to challenge and engage the physical, mental and emotional resources of each participant. However, despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury, including death. Understandably, not all hazards and dangers can be foreseen. Certain risks include injuries arising out of overexertion, dehydration, poor warm-up and warm-down procedures, poor preparation of track surface or field event area, lack of good physical conditioning, improper or poor techniques, collisions with equipment, heat exhaustion, fatigue, slip and falls, collisions with other participants, the effects of weather, poor training technique, and all other circumstances inherent in track and field events. In this regard, it must be recognized that it is impossible for the Rockford Park District to guarantee absolute safety.

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

Please read this form carefully and be aware that in signing up and participating in this activity, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with track and field events.

I recognize and acknowledge that there are certain risks of physical injury to participants in track and field events, and I voluntarily agree to assume the full risk of any injuries, damages or loss, regardless of severity that my minor child/ward or I may sustain as a result of participating in any and all activities connected with or associated with these activities. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in these activities against the Rockford Park District, including its respective officials, agents, volunteers and employees (hereinafter collectively referred as "Parties"). I grant full permission to use photo/records of these events. I grant permission for emergency medical treatment for my son/daughter by competent medical personnel on the indicated date.

I do hereby fully release and forever discharge the Parties from any and all claims for injuries, damages or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with these activities.

Athlete: _____ Date of Birth: _____

Team: _____

Athlete Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____



Registered members of:



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ORDER OF EVENTS Youngest to Oldest - Girls First

Note: *All events will be run as a timed final (TF); all athletes must report to check-in when event call is announced. All events will run youngest to oldest Girls will run first in each event/division.

Division Key:

PG=Primary Girls
PB=Primary Boys
BG=Bantam Girls
BB=Bantam Boys

MG=Midget Girls
MB=Midget Boys
YW=Young Women
YM=Young Men

IG=Intermediate Girls
IB=Intermediate Boys
YG=Youth Girls
YB=Youth Boys

8:00a.m., Running Events Begin

8:00	1500m	All Divisions
9:00	100m	All Divisions
	200m	All Divisions
10:00	110 H	YG, YB, IG,IB,YW & YM
	100 H	YG, YB, IG,IB,YW & YM
	80 H	MG, MB
11:30	ATOM and SHRIMP RACE	
	50m dash	Ages 3 to 5
12:00	800m	BG, BB, MG, MB, YG, YB, IG, IB, YW & YM
	400 m	All Divisions
1:00	4x100 relay	All Divisions
	4x800 relay	YG, YB, IG, IB, YW, & YM
	4x400 relay	BG, BB, MG, MB, YG, YB, IG, IB, YW & YM

10:30 a.m., Field Events Begin

Long Jump	All divisions
High Jump	BG, BB, MG, MB, YG, YB, IG, IB, YW & YM
Shot Put	BG, BB, MG, MB, YG, YB, IG, IB, YW & YM
Discus	BG, BB, MG, MB, YG, YB, IG, IB, YW & YM

Severe Weather Postponement/Cancellation:

The Rockford Park District Youth Sports Coordinator and/or Deputy Director will have the authority to suspend or cancel the meet. Whenever lightning is observed or thunder audible, all outdoor activities will be suspended for a minimum of 30 minutes.

Programming decisions will be made based ON the health and safety of our participants.

In the event of a severe weather that will require immediate shelter, Guilford High School will serve as the emergency shelter site.

If meet is cancelled due to severe weather, there will be no make up date or refunds.



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RELAY DECLARATION FORM

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

DISTANCE: 4X _____ SEX: _____ DIVISION: _____

CLUB NAME: _____ AAU/USATF CLUB #: _____

COACH: _____ PHONE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

MEMBERS:

- | | |
|----------|----------|
| 1. _____ | 5. _____ |
| 2. _____ | 6. _____ |
| 3. _____ | 7. _____ |
| 4. _____ | 8. _____ |

I certify that all listed athletes comply with the rules and are in compliance with their age division. I am aware that to be properly entered, **each must file an individual entry form and specify their entry for this relay event.** I also understand that if they are not entered on an individual entry form, they will not be allowed to participate. To compete in the relay, each must be listed on the Relay Declaration Form. I certify that no alterations will be made to this form.

SIGNATURE: _____



Registered members of: