

# **DUPAGE TRACK CLUB** **YOUTH TRACK AND FIELD MEET**

**\*\*SATURDAY, JUNE 14<sup>TH</sup>, 2025\*\***

## **Time Schedule:**

9:00 a.m. – Field Events Start

9:00 a.m. – Running Starts

11:00 a.m. – Javelin Starts with Mini Javelin first

**Site:** Lake Park East Campus High School - On the corner of Irving Park and Medinah Road in Roselle, IL. The address is 600 S. Medinah Road, Roselle, IL.

**Directions from the West:** Take I-88 East to 355 North. Get off on the Lake Street exit and turn left. Take a right on Medinah road off Lake Street and arrive at school on left after a mile. The school is across the street from the Medinah Golf Course. The track is in the back.

**Directions from the East:** Take 290 West to 355 South/Lake Street Exit. Get off on the Lake Street exit and turn right. Take a right on Medinah road off Lake Street and arrive at school on left after a mile. The school is across the street from the Medinah Golf Course. The track is in the back.

**Parking:** The track is in the back. You can park in the main parking lot in front, the back parking lot behind the school or the parking lot on the south side of the school. Parking is also at the church parking lot next to the stadium. **Parking on the grass is prohibited. Violators will be towed.**

**Facility:** The track is a **poured** 8-lane all-weather track, with poured all-weather track jumping areas. 1/4" or smaller spikes may be worn on the track. Shot and discus rings are concrete. Starting blocks will be provided. Tent areas will be allowed outside of the fenced area. Spectators should bring lawn chairs for field events since seating is limited. **No one is to be inside the track on the soccer field.**

**Concessions:** Full concessions will be open during the meet.

**Admission Fee:** None. We have taken this away and increased the registration fee to make up for it.

**Registration Deadline:** Midnight on Wednesday June 11. Please do not email or call to register late unless you are prepared to pay the \$100/athlete for a track event and \$50 for a field event late fee. If you have a combination of both running and field then the fee is \$100. No Exceptions. WE DO NOT ACCEPT LATE ENTRIES AFTER 8:00 AM THE DAY OF THE MEET AND THE COST IS ABOVE TO DO SO BEFORE 8:00 AM! You will need to come to the meet and find Tom Kaberna before 8:00 AM to add a late entry if you are willing to pay that much. We print all of the heat and clerk sheets on Friday so your athlete will be put in an empty lane for their age group. We will not be able to reseed late entries

**Registration Entry Fee:** \$22.50 per athlete (NOT per event) Follow USATF rules regarding # of events for each age division. We do not charge anyone a gate entry fee to get into the meet.

All registrations for teams and unattached athletes will occur at: [www.athletic.net](http://www.athletic.net)

Search the calendar and look under the date of the meet to sign up. Please double check your entries.

**Payment:** You make payment online through [www.athletic.net](http://www.athletic.net)

**Timing:** Fully Automatic Timing (FAT) will be used and we will have a JUMBO-TRON from PT Timing or Video Boards as long as we have over 400 participants. If we have less, then we will have no JUMBO to make sure we don't lose money hosting the meet.

**Check-In:** No packet or bibs for coaches or athletes. It will all be emailed out to you the day before. Check in for running events at the tent by the finish line near concessions. Check in for field events at the field event.

**Awards:** Individual: Medallion to first; ribbons for second through sixth.  
Relays: Medallion to first; ribbons for second and third.

**Proof of Age:** Every athlete, if challenged, must present valid proof of age. If a coach knowingly allows an athlete to compete, and/or an athlete knowingly enters him or herself, in an age division younger than allowed, either or both will be subjected to USA Track & Field suspension or expulsion.

**Scoring:** No team scores will be kept at this meet.

**Cancellations/Refunds:** If the meet is canceled due to weather conditions your meet fees will be refunded minus the costs to set up the meet. Once the meet is started there will be no refunds. All divisions will compete, and no event will be canceled unless there is severe weather.

**Age Determination:** Age divisions determined by birthday as of December 31 of the current year. Age divisions are 8 and under, 9-10, 11-12, 13-14, 15-16 and 17-18.

**Hammer Throw:** We will not be able to contest hammer throw as our cages are not set up for that event.

**Relays:** We will have the 4x100m relay. We will not have either of the 4x8 or 4x4 relays if the meet is too big to save on time. If the number of entries is below 400 at the meet deadline, I will send out an email allowing anyone to compete in the 4X800 and 4x400 that wishes to compete and reopen the deadline for a little longer to get them in.

## AGE GROUPS AND EVENTS

The Age Groups are:

Age group is determined by your age on 12/31 of current year not at the time of the meet

6-8 Age Division - 3 Events Maximum

9-10 Age Division - 3 Events Maximum

11-12 Age Division - 3 Events Maximum

13-14 Age Division - 4 Events Maximum

15-16 Age Division - 4 Events Maximum

17-18 Age Division - 4 Events Maximum

DUPAGE MEET	1 0	2 0	4 0	2 0	4 0	8 0	1 5	3 0	8 0	1 0	1 1	T J	L J	S P	D I	H J	J T	M J	V
	0	0	0	0	0	0	0	0	H	0	0				S			A	
				H	H		0	0		H	H				C			V	
<b>"X" denotes events in each age</b>																			
6-8 Division	X	X	X			X	X						X	X				X	
9-10 Division	X	X	X			X	X						X	X		X		X	
11-12 Division	X	X	X			X	X	X	X				X	X	X	X		X	
13-14 Division	X	X	X	X		X	X	X		X		X	X	X	X	X	X		X
15-16 Girls	X	X	X		X	X	X	X		X		X	X	X	X	X	X		X
15-16 Boys	X	X	X		X	X	X	X			X	X	X	X	X	X	X		X
17-18 Women	X	X	X		X	X	X	X		X		X	X	X	X	X	X		X
17-18 Men	X	X	X		X	X	X	X			X	X	X	X	X	X	X		X

\*\*\*H stands for hurdles above\*\*\*

### Further info

Dupage Track Club: Tom Kaberna, [tkaberna@hotmail.com](mailto:tkaberna@hotmail.com)

Phone: (630) 217-8743

# **DUPAGE TRACK CLUB TENTATIVE MEET SCHEDULE**

## **Field Events- 9:00am start except Javelin will start at 11:00am**

### **Long Jump (youngest to oldest)**

South or North Pit – (1st flight of Girls 11-12 in 1<sup>st</sup> flight) then (2nd flight of girls 11-12 in 2nd flight) then Girls 13-14 in 3rd flight) then (Girls 15-16 in 4th flight) then (Girls 17-18 in 5th flight)

Middle Pit – (Boys 9-10 in 1<sup>st</sup> flight) then (Boys 11-12 in 2nd flight) then (Boys 13-14 in 3rd flight) then (Boys 15-16 in 4th flight) then (Boys 17-18 in 5th flight)

South or North Pit – (Boys/Girls 6-8 in 1<sup>st</sup> flight) then (Girls 9-10 in 2nd flight)

### **Triple Jump (follows Long Jump)**

South or North Pit – Girls 17-18 together as only flight

Middle Pit – (Boys 13-18 together in 1st flight) then (Girls 13-16 in 2nd flight)

### **High Jump (Lowest to highest)**

(Girls High Jump 9 – 12 in 1<sup>st</sup> Flight) then (Girls 13-14 in 2nd flight) then (Girls 15-18 in 3rd Flight) then (Boys High Jump 9 – 14 in 3<sup>rd</sup> Flight) then (Boys High Jump 15-18 in 4<sup>th</sup> Flight)

### **Pole Vault**

(Girls will compete together in 1<sup>st</sup> flight) then (Boys will compete together in 2<sup>nd</sup> flight)

### **Shot Put (youngest to oldest)**

(Boys & Girls 6-12 in 1<sup>st</sup> flight) then (Boys/Girls 13-14 in 2<sup>nd</sup> flight) then (Girls 15-18 in 3<sup>rd</sup> Flight) then (Boys 15-16 in 4<sup>th</sup> Flight) then (Boys 17-18 in 5th flight)

### **Discus (oldest to youngest)**

(Boys 17-18 in first flight) then (Boys 15-16 in 2nd flight) then (Boys 11-14 in 3rd flight) then (Girls 11-14 in 4th flight) then (Girls 15-18 in 5th flight)

## **11:00am Start**

### **Mini Jav/Javelin (youngest to oldest) – 4 throws**

(Girls/Boys 7-10 in 1<sup>st</sup> flight) then (Girls/Boys 11-14 in 2<sup>nd</sup> flight) then (Girls/Boys 15-18 in 3<sup>rd</sup> flight)

**\*\*Each horizontal jump will get 4 attempts and each throw will get four attempts \*\***We will have two pits running for Long Jump and triple jump. To begin the meet we will run 3 long jump pits to get through the younger athletes fast since they don't need a long runway.

## **Running Events- 9:00am start**

Hurdles - 80MH then 100MH then 110MH/6-12 100m dash on other side of track

3000M Run

100M Dash for 13-18 on home side of track

800M Run

200/400M Hurdles

4x100m relay

50m Fun Run (6 and under)

400M Run

1500M Run

200M Dash

**\*\*There will be no prelims, only Finals. No 4x800 or 4x400 will be run unless numbers dictate otherwise.**

**\*\*All running events will be run youngest to oldest: girls then boys unless combined for speed**

**\*\*Dupage Track Club reserves the right to make changes**