



SYA INVITATIONAL TRACK & FIELD MEET

*Southwestern Youth Association
Annual Developmental Meet
Centreville, VA*

DATE:

Saturday May 11, 2019

TIME:

Events Start: 10:00am
Coaches Meeting: 9:45am

SITE:

Centreville High School
6001 Union Mill Rd
Clifton, VA 20124

INFORMATION:

Meet Director - Alonzo Davis
commissioner@syatrackandfield.org

ENTRY FEE:

\$5 donation. \$450 team max.

Register online at:

<https://www.runnercard.com/e/runner.Login?action=meet&meet=1002565&cid=15>

INDIVIDUAL AWARDS:

1st - 3rd place medals / 4th - 6th place ribbon awards.

ORDER OF EVENTS

TRACK EVENTS: 10am Start

1500m Race-Walk	9-18
3000m Run	11-18
50m Dash	Pre-K Only
80/100/110 Hurdles	11-18
200m Dash	All Ages
1500m Run	All Ages
100m Dash (semis)	All Ages (top 6 advance to finals)
400m Run	All Ages
800m Run	All Ages
100m Dash (finals)	(top six each age group, TBD)
4 X 100m Relay	All Ages

FIELD EVENTS: 10am Start

Long Jump	8U-18 (incl. Pre-K)
High Jump	9-18
T-Javelin	8U-12 (incl. Pre-K)
Shot Put	18-8U

MEET RULES AND REGULATIONS:

Maximum 1/4" spikes. No bare feet or stocking feet. Shirts required. Lane assignments will be by random drawing. Starting blocks will be provided for Sub Youth-Young only. **Relay team members must all have the same jersey or top.**

OFFICIALS:

Additional help may be needed if participant numbers exceed expectations. Your cooperation is greatly appreciated.

CLEAN UP:

Please use trash bags provided to police your area before leaving.

DISQUALIFICATION:

Age violations will disqualify individuals and entire relay teams if any one of the team members is in violation. Age violations may also result in the entire track club being disqualified from the meet. Combining teams for relays will result in disqualifications of all parties involved.

FACILITIES:

Porta-Johns are available at the stadium. Centreville HS indoor facilities may be available, however, athletes MUST be escorted by an adult. Unaccompanied minors will be prohibited from entering the school. ABSOLUTELY NO SMOKING AND NO ALCOHOLIC BEVERAGES ARE PERMITTED ON SCHOOL PROPERTY!

REFRESHMENTS:

Food and drink will be available for purchase.

PARTICIPATION LIMITATIONS:

Maximum of 3 events per athlete 12 and under, including relays; 4 events per athlete 13 and up, including relays. **Please try to limit number of athletes for each age/gender group to 5 per event.** *Meet management reserves the right to reject athletes who have entered into too many events without notification.*

DIVISIONS/AGE GROUPS:

Age determined as of December 31, 2019 for boys and girls.
(The age you will be on the date above)

8 & under _____	Birth Year – 2011+ (incl. Pre-K, 2014-2015)
9 & 10 _____	Birth Year – 2010 - 2009
11 & 12 _____	Birth Year – 2008 - 2007
13 & 14 _____	Birth Year – 2006 - 2005
15 & 16 _____	Birth Year – 2004 - 2003
17 & 18* _____	Birth Year – 2002 - 2001

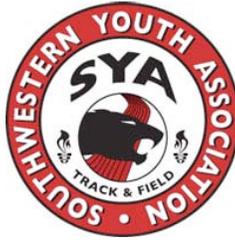
**Young Men and Women will also include 2000 birth year born on or after July 28th*

VIOLATION OF PARTICIPATION LIMITATIONS WILL RESULT IN FORFEITURE OF ALL AWARDS IN THE MEET. THIS APPLIES TO INDIVIDUALS AND POSSIBLY ENTIRE TEAMS.

DIRECTIONS TO CENTREVILLE HIGH SCHOOL:

From Rt. 28 South (Centreville), left turn onto Braddock Road East to right turn on Union Mill Rd to Centreville HS, approx. 1/4 mile on the left or; From Braddock Rd. West, left turn onto Union Mill Rd to Centreville HS, approx. 1/4 mile on the left. Please use Mapquest or similar for other originating areas.

Parking allowed in “designated” areas only.



SOUTHWESTERN YOUTH ASSOCIATION
DEVELOPMENTAL INVITE
May 11, 2019

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 Southwestern Youth Association (SYA), its officers and members, race officials, FCPA, Centreville High School and anyone connected with the SYA Youth Invitational 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 meet director reserves the right to reject my entry for any reason.

Signature _____
(Must be signed by an adult for athletes 17 and under.)