

High Point Panthers Track Club

Presents:

2014 HP Panthers-Ken Roberts Track & Field Challenge

Date:

Saturday May 31, 2014

ENTRY FEE: \$11.00 Per Athlete

Register on-line @ Coach-O.com

Charlotte Flights
FinishLynx FAT Timing system

Start Time: 9:00 am – Coaches Meeting 8:30 am



James B. Dudley High School
1200 Lincoln St.
Greensboro, NC 27401



PERFORMANCE LIST: will be posted @ www.coach-o.com on May 29th.

LIVE RESULTS: Will be Available @ www.hppantherstrack.org

For Additional Information Call:

Ken Roberts, (336)-454-2011 or (336)-457-6819

E-Mail: hppantherstrack@aol.com or log on to www.hppantherstrack.org

Revised Directions:

From the West: Take I- 40 (East) thru Greensboro to HWY 29 (North) towards Reidsville, travel 2 miles to exit Lee St. turn (right) go 1 block to Lincoln St. turn (right) to High School

From the East: Take I- 40 (West) thru Greensboro to Hwy 29 (North) towards Reidsville, travel 2 miles to Lee St. exit turn (right) go 1 block to Lincoln St. turn (right) to High School

From the South: I- 85 North to I- 40 (East) thru Greensboro to HWY 29 (North) towards Reidsville, travel 2 miles to exit Lee St. turn (right) go 1 block to Lincoln St. turn (right) to High School

From the North: Take HWY 29 (South) towards Greensboro, exit Lee St turn (left) go to Lincoln St. turn (right) to High School

2014 HP Panthers-Ken Roberts Track & Field Challenge

General Information

- TIME:** Coaches meeting 8:30 a.m. Meet starts promptly at 9:00 a.m.
- FACILITIES:** Newly Renovated Facility, Synthetic rubber track, Lighting-Restrooms & Concessions available. Please bring TRASH BAGS to police your area. Bring your folding chairs.

ENTRY GUIDELINES:

- EVENT LIMIT:** Maximum of (3) events 6-12 years, (4) events-13-18 years per athlete (relays and field events included).
***THE 400 METER WILL BE LIMITED TO TOP (6) ATHLETES/ TEAM/ AGE GROUP**
- RELAYS:** Relays will be combined age divisions: Pee Wee: Co-Ed 4x100M Relay, (8 & U)-(9 & 10)-(11 & 12)-(13 & 14)-(15 & 16)-(17 & 18).Entry in a relay will be considered as an entry in the event limitations.
***Maximum of (2) relays in each age group per team, per event (A & B relays only).**
- ENTRY FEE:** Payment must be paid on-line @ www.coach-o.com. No payments will be accepted the day of the meet unless prior arrangements have been made. The fees are \$11.00 per athlete.
- ENTRY SEED TIMES:** All entries must be completed on-line at WWW.COACH-O.COM before May28, 2014 deadline.
All athletes entered at NT/NM will be seeded in the slowest heats/sections for that particular event.
- ENTRY DECLARATION:** All entries are accepted pending receipt of your entry fees.
- AWARDS:** **Medals will be awarded for 1st through 3rd and ribbons for 4th through 6th place.**
**Please be advised that awards will be pre-packed and available for pick-up at the conclusion of the meet. COACHES or an assigned representative may pick up awards.*
- TEAM AWARDS:** **Team awards for 1st, 2nd, 3rd places combined total scores. (Small-Medium-Large Divisions)**
- EVENT ENTRY LIMITATIONS:** Pee-wee 4x100m relays can be run as co-ed. (Only Pee-wee-6yrs-under)
- INFORMATION:** Meet Director: Ken Roberts Home: (336)-454-2011 or Cell: (336)-457-6819
E-Mail: (hppanthertrack@aol.com) or Web-Site: www.hppantherstrack.com

AGE DIVISIONS

(6&under), (7-8), (9-10), (11-12), (13-14), (15-16), (17-18)

SCHEDULE OF EVENTS:

Top (8) individual finishers will count towards team score

Ages:	6&Under	7-8	9-10	11-12	13-14	15-16	17-18							
<i>EVENTS</i>	<i>G</i>	<i>B</i>	<i>G</i>	<i>B</i>	<i>G</i>	<i>B</i>	<i>G</i>	<i>B</i>	<i>G</i>	<i>B</i>	<i>G</i>	<i>B</i>	<i>G</i>	<i>B</i>
<i>200/400H</i>	-	-	-	-	-	-	-	-	X	X	X	X	X	X
<i>1500M</i>	-	-	-	-	X	X	X	X	X	X	X	X	X	X
<i>100M</i>	X	X	X	X	X	X	X	X	X	X	X	X	X	X
<i>800M</i>	-	-	X	X	X	X	X	X	X	X	X	X	X	X
<i>Hurdles</i>	-	-	-	-	-	-	80/30	80/30	100/30	100/33	100/33	110/39	100/33	110/39
<i>200M</i>	X	X	X	X	X	X	X	X	X	X	X	X	X	X
<i>Elite 400M</i>	-	-	X	X	X	X	X	X	X	X	X	X	X	X
<i>4x100</i>	<i>Co-ed</i>	<i>Co-ed</i>	X	X	X	X	X	X	X	X	X	X	X	X
<i>Long Jump</i>	-	-	X	X	X	X	X	X	X	X	X	X	X	X
<i>High Jump</i>	-	-	-	-	3'	3'2	3'4	3'10	4'	4'6	4'4	5'4	4'5	5'6
<i>Shot Put</i>	-	-	6lb	6lb	6lb	6lb	6lb	4kg	6lb	6lb	6lb	4kg	4kg	12lb
<i>Discus</i>	-	-	-	-	-	-	1kg	1kg	1kg	1kg	1kg	1kg	1.6kg	1.6kg
<i>Turbo Javelin</i>	X	X												

X =OFFERED EVENT

* = ENTRY HEIGHTS
(HIGH JUMP)

RUNNING EVENTS:

9:00 am Start Time

200M/400M Hurdles (Timed Finals)

1500M Run (Timed Finals)

100M Dash (Timed Finals)

800M Run (Timed Finals)

80M/100M/110M Hurdles (Timed Finals)

200M Dash (Timed Finals)

400M Dash (Timed Finals) * **Limited to top (6) athletes/ team/ age group/ gender**

4x100M Relay (Timed Finals)

Coaches / Parents 4x100 Relay * **Only if time permits**

FIELD EVENTS:

9:00 am Start Time

Long Jump 7-8, 9-10, 11-12, 13-14, 15-16, 17-18

High Jump 9-10, 11-12, 13-14, 15-16, 17-18

Shot Put 7-8, 9-10, 11-12, 13-14, 15-16, 17-18

Discus 17-18-15-16- 13-14-11-12

Turbo-Javelin 6 years & under (only)

FIELD EVENTS:

Each Competitor Will Be Allowed 3 Attempts

NO FINALS. All Field Events, Boys Follow Girls

**Athletes are responsible for their own implements

