

Needham All-Star Meet

DeFazio Track – 340 Dedham Ave. – Needham MA

Wednesday, July 2, 2014 (3:45 – 8:15 pm)

Age groups: 5-6, 7-8, 9-10, 11-12, 13-14 (as of July 2, 2014)

Running Event Schedule

3:45 Hurdles: Age 5-6 (50m), 7-8 (50m), 9-10 (80m), 11-12 (80m), 13-14 (100m)	5:45 400 Meter Run (Age 5-6 -> 13-14)
4:45 1500 Meter Run (Age 7-8 -> 13-14)	6:15 50 Meter Dash (Age 5-6 -> 13-14)
5:15 100 Meter Dash (Age 5-6 -> 13-14)	7:15 200 Meter Dash (Age 5-6 -> 13-14)
	7:45 800 Meter Run (Age 7-8 -> 13-14)

*NOTE: Arrive at least 30 minutes before the start of the event
4x100 Relay (age 7-8 -> 13-14) at end of meet as time permits*

Field Event Schedule

Age	Long Jump	Shot Put	Turbo Jav	Standing LJ	Softball Throw	High Jump
5-6	No	No	No	7:00-7:30	5:30-6:00	6:00-7:00
7-8	5:30-6:00	7:00-7:30	7:30-8:00	6:00-6:30	6:30-7:00	6:00-7:30
9-10	6:00-6:45	6:30-7:00	5:30-6:15	7:30-8:00	7:00-7:30	6:30-8:00
11-12	6:45-7:30	6:00-6:30	6:15-7:00	5:30-6:00	7:30-8:00	6:00-7:30
13-14	7:30-8:00	5:30-6:00	7:00-7:30	6:30-7:00	6:00-6:30	6:30-8:00
Open	Field events may open early if there is sufficient staffing of officials.					

- **Awards** – Trophies to winners; large ribbons to all
- **Equipment** – No starting blocks, no spikes longer than ¼”
- **Sanction** – USATF
- **Athletes** – Open to all individuals and teams

INFO: www.needhamtrack.org or contact meet director at needhamtrackclub@gmail.com or 781-856-4088

Mail Needham Track Club **Fee:** \$11 per child,
Entries c/o John Hrones **No charge for Needham Track Club Summer Program athletes**
to: 53 Coulton Park
 Needham MA 02492 **Events / entry:** 2 running + 1 field or 1 running + 2 field events

-----NEEDHAM ALL-STAR MEET REGISTRATION FORM -- SORRY, NO REFUNDS-----

Child's Name _____	Sex _____	Age _____	Birth Date _____	Age Group _____
Child's Name _____	Sex _____	Age _____	Birth Date _____	Age Group _____
Child's Name _____	Sex _____	Age _____	Birth Date _____	Age Group _____
Street _____	Team Name _____			(team affiliation not required)
Town _____	State _____	Zip _____		

In consideration of this entry being accepted, I hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the Needham Track Club, the Town of Needham, or its agents, representatives, successors, assigns, and any individuals associated with this event for any and all injuries suffered by my child at this event. I assume all risks associated with participating in this meet including, but not limited to: falls, contact with other participants, officials, or spectators, all such risks being known and appreciated by me. I attest that my child is physically fit and trained to compete in this meet. My signature authorizes the use, without compensation or any further consideration for any photographic product (picture, film, or video) generated at this meet.

Signature _____ Date _____ Phone _____ Email _____
 (parent or guardian)

Can you be a meet volunteer? _____ Yes Volunteer name(s) _____

