

2009 Howard County Spring Track Classic

May 2nd, 2009 10:00 A.M. Long Reach HS

Site of the 2009

Howard County Outdoor Track Championships &

3A EAST & 2A SOUTH MPSSAA REGION MEETS

RULES & REGULATIONS:

1. This meet will have semis if needed for the 100 & 100/110 hurdles.

All other events will be finals only, places determined by time.

2. MPSSAA rules will be followed.

3. **FAT TIMING MPSSAA & BORDERING -STATES SANCTIONED**

- NO radios or tape players allowed.
- **JEWELRY RULE WILL BE IN EFFECT FOR ALL EVENTS.**
- Relay teams must have identical school issued uniforms.
- Starting blocks will be provided.
- There will be Weigh-in for throwing implements & Pole Vault.

ONLINE ENTRIES ONLY: ENTRIES CLOSE APRIL 26TH MIDNIGHT

GO TO HOCORUNNING.COM & FOLLOW THE LINK FOR MEET ENTRY

Contact Norm Belden at coachbelden@gmail.com for the MEET ENTRY CODE

Entry fee \$125.00 per team (\$200.00 for both boy & girl teams)

Make Checks Payable to: LIME KILN MIDDLE SCHOOL

Attn: Norman Belden

11650 SCAGGSVILLE ROAD

FULTON, MD 20759

CONTESTANTS MUST ACCOMPANIED BY THEIR COACH OR SCHOOL REPRESENTATIVE

AWARDS: Custom Medals for 1st, 2nd, & 3rd and ribbons for 4th thru 6th place in each event.

Trophies awarded to the 1st & 2nd place boys and girls team.

SCORING: Scoring will be 10-8-6-4-2-1 for all events.

Coaches, Managers & Spectators

ARE NOT ALLOWED ON THE TRACK OR THE INFIELD.

ADMISSIONS: Admission will be \$5.00 (children under the age of seven free).

PROGRAMS: Meet Programs will be on sale for \$1.00

PARKING: Free parking will be available for buses and cars adjacent to the track.

T-SHIRTS: Meet T-Shirts will be for sale at \$10:00 each

COACHES' MEETING: Coaches will meet at 9:00 a. m. by the track storage garage.

CONTACT: Norm Belden: e-mail coachbelden@gmail.com

LIME KILN MIDDLE SCHOOL

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