



2016 SOUTHWEST OLYMPIAD



Southwestern Youth Association
Developmental Track & Field Meet
Centreville, VA

DATE:

Saturday May 14, 2016



SPIKES ALLOWED!

TIME:

Online registration available!

NO ONSITE REGISTRATION!

Coaches meeting: 8:40 am

Events Start: 9:00 am

SITE:

Centreville High School
6001 Union Mill Rd
Clifton, VA 20124

INFORMATION:

Alonzo Davis - Meet Director
alonzo.davis@verizon.net/703-881-2887

ENTRY FEE:

Register online! \$5 per individual athlete. \$15 per relay. Team maximum is \$400.00.

Online registration only at <http://www.runnercard.com/e/runner.Main?meet=1000429>.

Please limit number of athletes for each age/gender group to 5 per event.

INDIVIDUAL AWARDS:

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

DIVISIONS/AGE GROUPS:

Age determined as of December 31, 2015 for boys and girls.

(The age you will be on the date above)

Sub Bantam (8 & under)_____	Birth Year – 2008+
Bantam (9 & 10)_____	Birth Year – 2007 - 2006
Sub Youth (11 & 12)_____	Birth Year – 2005 - 2004
Youth (13 & 14)_____	Birth Year – 2003 - 2002
Intermediate (15 & 16)_____	Birth Year – 2001 - 2000
Young Men & Women (17 & 18)*_____	Birth Year – 1999 - 1998

**Young Men and Women will also include 1996 birth year born on or after July 28th*

MEET RULES AND REGULATIONS:

No bare feet or stocking feet. Shirts required. Maximum 1/4" spikes.

Lane assignments will be by random drawing. Starting blocks will be provided for Sub Youth-Young finals 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 will be 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.

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. *Meet management reserves the right to reject athletes who have entered into too many events without notification.*

VIOLATION OF PARTICIPATION LIMITATIONS WILL RESULT IN FORFEITURE OF ALL AWARDS IN THE MEET. THIS APPLIES TO INDIVIDUALS AND POSSIBLY ENTIRE TEAMS. NO REFUNDS.

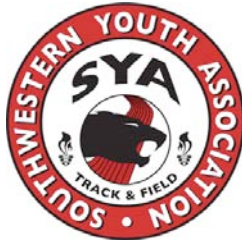
ORDER OF EVENTS

TRACK EVENTS: 9AM Start

1500m Race-Walk	8U-12
3000m Race-Walk	13-18
80/100/110 Hurdles	11-18
200m Dash	All Ages
1500m Run	All Ages
100m Dash (semis)	All Ages (top 6 advance to finals)
3000m Run	9-18
400m Run	All Ages
800m Run	All Ages
100m Dash (finals)	(top six each age group)
Sprint Medley Relay (200m, 200m, 400m, 800m)	9-18
4 X 100m Relay	All Ages (mixed parent relay)

FIELD EVENTS: 9AM Start

Long Jump	8U-18
High Jump	9-18
T-Javelin	8U-12
Shot Put	18-8U



SYA YOUTH INVITATIONAL TRACK MEET
MAY 14, 2016

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.)

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.