# **ROOKS COUNTY YOUTH TRACK MEET**

Sponsored by Plainville/Stockton/Palco Recreation Commission

and Rooks County Track Club

## Saturday April 20<sup>th</sup>, 2024 Check in begins at 9AM

Field Events begin at 10:00AM Running Events begin at 12:00PM

Please complete 1 registration form per athlete. No race-day registrations will be accepted. Registration deadline is Monday April 15<sup>th</sup>, 2024.

Participants Name:			Date of Birth:	
Gender (please circle):	Male	Female	Age on day of Meet:	
Phone:	School or Track Club:			
			he Rooks County Youth Track Meet and will not hold the Rooks	
County Track Club, Plain	ville/Stockto	n Recreation Comm	ission, USD 270, the City of Plainville or any meet	
helper/volunteer respon	sible for any	accidents, theft or i	njury that may occur at this meet.	
Parent/Guardian Signatu	ure:		Date:	

**Awards:** Medals will be awarded to the top three in each event. Ribbons will be given to 4<sup>th</sup>-6<sup>th</sup> place in each event. Limit of 3 events per athlete. This limit does not include participating in team relays.

4-6 AGE DIVISION Limit of 3 events				
50 Meter Dash	Long Jump (running)			
100 Meter Dash	Softball Throw			
200 Meter Dash	Turbo Javelin			

9-10 AGE DIVISION				
Limit of 3 events + relay option				
50 Meter Hurdles 30in.	Long Jump			
100 Meter Dash	High Jump			
200 Meter Dash	Discus			
400 Meter Dash	Shot Put			
800 Meter Run	Turbo Javelin			
1600 Meter Run	4x100 Meter Relay			

Parent/Coaches sprint medley relay after the 4x100! 5 and under littles 50 meter after 7-8 division 50 meter!

## Entry Fee: \$20.00 per participant.

Make check payable to PRC (Plainville Recreation Commission). Entry Fees are non-refundable. Mail or drop off registration forms and checks to: Plainville Recreation Commission, 110 S. Main Street, Plainville KS 67663.

#### For questions contact:

Missy Cadoret at 785-737-3163 missycadoret@hotmail.com Tanya Meyers at 785-737-6220 plainvillerecreation@gmail.com The meet will be held at the Plainville High School Track.

7-8 AGE DIVISION				
Limit of 3 events + relay option				
50 Meter Dash	Long Jump (running)			
100 Meter Dash	Softball Throw			
200 Meter Dash	Turbo Javelin			
400 Meter Dash	4x100 Meter Relay			

### 11-12 AGE DIVISION

Limit of 3 events + relay option				
75 Meter Hurdles 30in.	Long Jump			
100 Meter Dash	High Jump			
200 Meter Dash	Discus			
400 Meter Dash	Shot Put			
800 Meter Run	Turbo Javelin			
1600 Meter Run	4x100 Meter Relay			