



# KANKAKEE Track Club



*“Just Kickin”*

## *Thirteenth Outdoor Invitational Track & Field Meet*

Saturday June 12, 2010  
Kankakee High School  
1200 W. Jeffery St., Kankakee IL. 60901

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**Sanction**

USA Track and Field – Illinois (USATF)

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**Meet Director**

Jess Gathing Jr., P.O. Box 376, Kankakee, IL 60901  
Home (815) 935-0683 Fax (815) 935-0691 Cell (815) 592-4762  
jgathin1@comcast.net

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**Entry Fee and Deadline**

See General Information

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## Saturday June 12, 2010

### General Information

#### SANCTION:

USA Track and Field Illinois

#### MEET DIRECTORS:

Jess Gathing Jr.

P.O. Box 376

Kankakee, Il. 60901

Home (815) 935-0683

Fax: (815) 935-0691

Cell (815) 592-4762

E-Mail: [jgathin1@comcast.net](mailto:jgathin1@comcast.net)

George Giddings

3974 E. Chestnut St.

Kankakee, Il. 60901

Home: (815) 935-0735

E-Mail: [giddingsge@aol.com](mailto:giddingsge@aol.com)

#### FACILITY:

Kankakee High School outdoor Track and Field Stadium.

See accompanying map for directions. Spikes limitations; ¼ inch max, Pyramids only, no needles or Christmas tree type.

#### RULES:

All events will be officiated under USA Track & Field rules.

#### ENTRIES:

**All entries must be submitted electronically at the following site:**

Electronic on-line entry provided by JLC Sports Data Management Co.

1) Go to [www.jlcsportsdata.com](http://www.jlcsportsdata.com) for easy electronic registration.

**Entries must be posted by Wednesday, June 9 at 11:59 pm and fees must be received by Friday, June 11 for registration to be accepted.**

Absolutely no late entries or fees will be accepted past the deadline. We recommend overnight delivery. Fees mailed but not received will not complete registration.

On-line only, \$5.00 per individual event, \$20.00 per relay.

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#### CHECK-IN

A team packet will be available at check-in. No change will be made after deadline.

Scratches only, can be made on the day of the meet.

#### AWARDS

Medals will be given to the top three finishers. Ribbons for fourth through sixth place.

#### EQUIPMENT

Starting blocks will be provided. You may use your own.



# TWELFTH OUTDOOR INVITATIONAL TRACK & FIELD MEET

## ORDER OF EVENTS

### FIELD EVENTS (girls then boys)

#### **9:00a.m.**

Long Jump (youngest to oldest)

High Jump (oldest to youngest)

Shot Put (youngest to oldest)

Discus (oldest to youngest)

Triple Jump (youngest to oldest)

Pole Vault

#### **1:00 p.m.**

Mini Turbo Javelin

Javelin

### RUNNING EVENTS

#### **8:30 a.m.**

4 X 800

#### **9:15 a.m.**

100 meters **CHECK-IN**  
Starting with MG & MB

#### **9:30 a.m**

100 prelim  
3000

#### Fun Run (6 and under)

100 finals  
80H finals  
100H finals  
110H finals  
800  
200H  
400H  
4 x 100  
400  
1500  
200  
4 x 400

Prelims will be run as finals if there are eight or less competitors. The top eight times will advance to the finals when there are over eight competitors.

# **Kankakee Track Club Pole Vault Release Form**

**Let it be known, and I completely understand, that the event Pole Vault is an inherently dangerous sport that can cause injuries from minor, up to including death. I take the responsibility of participating in this event entirely upon myself. I take the responsibility for providing any personal safety equipment that my coach And I deem necessary to compete safely in this event. The Kankakee Track Club will secure from ONU the necessary pit mats and standards that are available for this event.**

I \_\_\_\_\_ (**name**) do hereby agree and shall indemnify and hold harmless Kankakee Track Club, it's Board and Officers, it's members, the Kankakee High School, it's Board, from and against any and all suits, actions, proceedings, claims, demands, assessments, judgments, cost, losses, liabilities and recoveries for injuries or death to myself occurring during the Kankakee Track Club Invitational, held June 12, 2010. I understand that there will not any helmets or poles furnished at the meet. I understand that my equipment is my responsibility.

**I attest that my current weight is \_\_\_\_\_ pounds.**

**My vaulting pole/poles are rated at \_\_\_\_\_ pounds.**

**Poles must be FACTORY RATED WEIGHT LABEL ATTACHED & VISIBLE**

**\*\*NOTE\*\* The Pole Vaulting event will be halted immediately if ambulance has to leave the facility for any reason and will not resume until it returns.**

**By signing below, I understand and agree with the above statements and condition.**

**ATHLETE \_\_\_\_\_ DATE \_\_\_\_\_**

**COACH \_\_\_\_\_ DATE \_\_\_\_\_**

**ATHLETE'S PARENT/GUARDIAN \_\_\_\_\_ DATE \_\_\_\_\_**

**If this form is not signed and presented to the Head Pole Vault Official – you will not vault and your entry fee will not be refunded. It is probably best to give this to your head coach to bring to the meet.**

**DIRECTIONS & PARKING:**

**DIRECTIONS TO KANKAKEE HIGH SCHOOL  
1200 WEST JEFFERY STREET, KANKAKEE, IL. 60901**

**FROM THE NORTH/NORTHEAST**

Take Interstate 57 South to exit #312. Turn Right on to Court Street continue for 2 ½ miles west on Court Street to Curtis Ave, Turn Left there is a Phillips 66 on the corner going South for 1 mile to Jeffery St. Turn Left then a quick Right in to the school.

**FROM THE SOUTHWEST/I-55 SOUTH**

Take Rt. 17 East from Dwight to Kankakee. Rt. 17 becomes Court St. Turn Right on to Curtis Ave, going south to Jeffery St. Turn left then a quick Right into the school.

**FROM THE NORTHWEST/I-55 NORTH**

Take I-55 to I-80 east, I-80 east to I-57 south to exit #312. Turn Right on to Court Street continue for 2 ½ miles west on Court Street to Curtis Ave, Turn Left there is a Phillips 66 on the corner going South for 1 mile to Jeffery St. Turn Left then a quick Right in to the school.

**FROM THE NORTHWEST I- 355 SOUTH**

Take I-355 South to I- 80 East to I-57 south to exit #312, Turn Right on to Court Street continue for 2 ½ miles west on Court Street to Curtis Ave, Turn Left there is a Phillips 66 on the corner going South for 1 mile to Jeffery St. Turn Left then a quick Right in to the school.

**FROM THE SOUTH/SOUTHEAST**

Take Interstate 57 north to exit #308 , going north on Rt. 45/52 for 1mile and 8/10th merge to left as you pass Pepsi Cola, Turn Left at the stop sign , On to Jeffery Street go 1 mile the school is on the left.