

- Training club packets consisting of bibs, bracelets, schedules, etc. will be distributed after all medicals have been checked

Coach Check in Process at event

The following steps will take place at coach check in for all training clubs

- Coaches will report scratches only, there will be no alternates added the day of competition
- Coaches will provide medicals and consents for athletes still missing from pre-registration
- Coaches will receive remaining items from coach's packet not obtained at pre-registration

Competition Overview

- We will be running a **CLOSED** track. Only coaches with **ORANGE** bracelets will have access to the track and/or field area. **ORANGE** bracelets can be picked up in our office during pre-registration.
- Training clubs may register athletes in up to any **TWO** events plus a relay.

Examples:

Two track events + Relay event

Two field events + Relay event

One track event + One field event + Relay event

Two field events + Relay event

You do not have to register for a relay event.

- Athletes are not permitted to enter walking events and running events. They must select one method of movement for all their track events.
- We will be running on one side of the track. Athletes will be staged under tent prior to their event, however races **WILL NOT** be taking place simultaneously on both sides of the track.

Schedule of Events

Time	Event
8:30 a.m. – 9:30 a.m.	Coach Check In
9:30 a.m. – 10:00 a.m.	Opening Ceremony
10:00 a.m. – 4:00 p.m.	Competition*
10:00 a.m. – 3:00 p.m.	Olympic Village/Healthy Athletes
11:30 a.m. – 3:00 p.m.	Lunch

Please make sure to follow competition schedule closely. Events are running on a tight schedule and athletes will be disqualified if not on time for their event. We will be making announcements throughout the day regarding upcoming track & field events. If you have questions, please ask and you will be directed to the correct location.

*

Events Offered

Powerlifting

Bench Press, Deadlift, & Combo

Tennis

Singles & Skills

Developmental Sports

Track

Young Athletes

