2019 New Mexico Sol Track Meet

Volcano Vista High School
8100 Rainbow Blvd NW, Albuquerque, NM
USA Track & Field Sanctioned #19-42-018

Date & Time
Saturday May 4, 2019 - Coaches Meeting 7:30 AM

Meet Director
Carl Crook - nmsol@newmexsol.com (505) 553-6321

Entry Deadline
Tuesday, April 30th, 2019 -- No Late Entries Please

Entries
Send via email to nmsol@newmexsol.com using Hy-Tek Team Manager format

Unattached Entries
Contact Gretchen Futey at gretchen.nm.usatf@gmail.com with questions

Requirements
2019 USATF Membership Number and signed participant waiver

Fees
$7 per Athlete – Make checks payable to “NM Sol” – at check-in table

Awards
1st – 6th Place Ribbons

Facilities
Concessions and restrooms are available on site

Events Contested
**TRACK:** 1500 and 3000 Race Walk / 80, 100, 110m Hurdle / 100m, 200m, 400m, 800m, 1500m, 3000m, 4x100m and 4x400m relays

**FIELD:** High Jump, Long Jump, Triple Jump, Discus, Shot Put, Turbo-Jav, Javelin

<table>
<thead>
<tr>
<th>PARTICIPANT ENTRY LIMITATIONS:</th>
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<tbody>
<tr>
<td>Ages 7-10: 100m, 200m, 400m, 800m, 1500m, 4x100m, 4x400m, LJ, Shot Put, Turbo-Javelin ENTRIES ONLY</td>
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<tr>
<td>Ages 7-12: 3 EVENT ENTRIES, including relays</td>
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<td>Ages 13 &amp; up: 4 EVENT ENTRIES, including relays</td>
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<table>
<thead>
<tr>
<th>Age Division</th>
<th>Year of Birth</th>
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<th>Year of Birth</th>
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<tbody>
<tr>
<td>9 - 10</td>
<td>2009-2010</td>
<td>17 - 18</td>
<td>2001-2002</td>
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<td>11 - 12</td>
<td>2007-2008</td>
<td>19 – 29</td>
<td>Open</td>
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<td>13 - 14</td>
<td>2005-2006</td>
<td>30 and Older</td>
<td>Masters</td>
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**TRACK EVENTS**
Girls followed by Boys, Youngest to Oldest
8:00 am START – Rolling Schedule

- Hurdles 110, 100, 80
- *1500m/3000 m Racewalks
- 3000 m Run
- 4 x 100m Relay
- 400m Dash
- 100m Dash
- Lollipop Race for kids under 6
- 800m Run
- Following LJ – Turbo Javelin – West side of Throwing Field that is North of track
- Following Discus - Javelin – West side of Throwing Field
- Following Javelin - Shot Put – Shot Put Throwing Area N. of Throwing Filed
- 4x400 Relay

* Ages and Genders may be combined

**FIELD EVENTS**
Girls followed by Boys, Youngest to Oldest
8:00 am START – 3 Attempts, No Finals – Rolling Schedule

*7:30 AM – Coaches Meeting*

- 8:00 am Turbo Javelin – West side of Throwing Field that is North of track
- 8:30 am Long Jump – Age 8 & Under, 9 – 10 Girls & Boys
- After younger groups 11 – 12, 13 – 14, 15 – 16, 17 – 18 Girls & Boys
- 9:00 am High Jump – East end of track
- 8:30 am Discus – East side of Throwing Field
- Following LJ – Triple Jump – All Athletes
- Following Discus - Javelin – West side of Throwing Field
- Following Javelin - Shot Put – Shot Put Throwing Area N. of Throwing Filed

* Athletes must provide their own throwing implements*

All participating athletes must have a valid 2019 USA Track & Field membership. The athlete, coach, parent, legal guardian (if athlete is under 18) certify that the athlete has a 2019 USATF Track & Field membership. The athlete, coach, parent, legal guardian (if athlete is under 18) understand that the athlete should seek the advice and approval of their personal physician before participating in USATF NM track meet. USA Track & Field NM Association is not responsible for any injuries traveling to or from, competing in, or attending this meet and is not responsible for any lost or stolen items. By submitting an entry for myself or my minor child in this meet I, for myself, the parent or legal guardian, do hereby agree to save, indemnify and keep harmless, release, waive, discharge the USA Track & Field NM Association its coaches, officers, employees, agents, volunteers, meet officials and authorized guests against all liability, claims, court costs, legal fees, judgments or demands for damage arising from accidents, injuries, or death of the entered athlete(s), athlete(s) family members or property.