

RAY VANDERSTEEN ALL-COMERS TRACK & FIELD MEET



Ray Vandersteen

was instrumental in the running boom that started in the 70's. He was a big believer in grassroots youth development. He organized and coached youth clubs in Bloomington, Indiana, and Sterling, Illinois, and worked for USATF for many years. Community track and field meets were a staple of his philosophy and symbolize what he was all about.

WHEN: Thursday, July 14th, 2016, 5:00 pm

WHERE:

Neuqua Valley High School's Track
2360 95th Street
Naperville, IL 60564

REGISTRATION:

The cost is \$12 for pre-registered athletes and \$20 on the day of the meet. Registration for the 5K only is \$10. (Athletes from Neuqua Valley and Yorkville Camps are free to register.) Online Registration is open through Tuesday, July 12th at 5:00 pm at the website below:

wildcatxctf.com

After registration closes online, athletes may register in person from 3:45 pm-4:45 pm on the day of the meet. We can accept cash or checks made out to "Wildcat Track and Field." There are NO REFUNDS for pre-registration or same day registration. **ONLY PRE-REGISTERED ATHLETES WILL BE PLACED IN SEEDED HEATS AND GIVEN OFFICIAL TIMES/MARKS.**



QUESTIONS: Please contact the meet director, Mike Kennedy, by email at mike_kennedy@ipsd.org

AWARDS: All athletes will receive a ribbon with their meet performance listed.

CONCESSIONS: There will be concessions available at the meet.

IMPLEMENTS: Athletes outside of the Wildcat Track Club are responsible for bringing their own implements for the shot put, discus throw, and the pole vault.

TRAINER: An athletic trainer will be on site during the meet.

TIME SCHEDULE: Field events begin at 5:00 pm, Running events at 5:30 pm. There will be no time schedule – events will be run in the following order:

FIELD (Concurrently):

Pole Vault* (must have experience)

High Jump* * (4'6" starting height and higher first, followed by younger athletes)

Long Jump

Triple Jump

Shot Put

Discus

TRACK:

4X100m relay

4X100m family relay

1600m run

100m/110m hurdles* (must have experience)

100m dash

400m dash

5000m run

Events using FAT timing: 1600m, 100/110m Hurdles, 100m Dash, and 400m Dash. Heats will be combined as necessary.