

MEET INFORMATION



Peak Performance Invitational
May 16, 2009

University of Louisiana at Monroe
Monroe, LA

Coach Dennis Groll
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www.peaktrack.net

2009 USATF SOUTHERN ASSOCIATION

Date	Event	HOST	Phone	Email	Location
27-28 Mar 2009	LSU Relays	Todd Lane		toddlane@lsu.edu	LSU, Baton Rouge, LA
10-11 April 2009	Pelican Relays	Greg Thompson	225-802-2722	gregt15_91@yahoo.com	Southern University
18-Apr-2009	KY Developmental Meet	Lester Patterson, KY Track Club	225-603-1218	lpatterson19@cox.net	Scotlandville HS, Baton Rouge, LA
25-Apr-2009	Future Track Club Developmental Meet	Trent Ellis, The Future Track Club	225-288-9434	toeellis@yahoo.com	Zachary HS, Zachary, LA
2-May-2009	First Start track and field clinic for beginners	Baton Rouge Sports Foundation/Byron Turner	225-892-3489	byronturner@southernmasters.org	Woodlawn HS/Baton Rouge, LA
16-May-2009	The Future Invitational Meet	Trent Ellis, The Future Track Club	225-288-9434	toeellis@yahoo.com	Zachary HS, Baton Rouge, LA
16-May-2009	Peak Performance Invitational Meet	Dennis Groll, Peak Performance Track Club	318-355-2598	dgroll@comcast.net	ULM, Monroe, LA
23-May-2009	The Feliciana Classic	Rev. Burnett King, Faith Track Club	225-202-8431	revbking@bellsouth.net	Jackson HS, Jackson, LA
30-May-2009	Tommy Smith Track Classic	National Office of 100 Black Men/Jackie Callendar	504-237-6526	jajacoki@aol.com	Tad Gormey Stadium, New Orleans, LA
6-Jun-2008	Peak Performance Track Classic	Dennis Groll, Peak Performance Track Club	318-355-2598	dgroll@comcast.net	ULM, Monroe, LA
13-Jun-2008	USATF Southern Association Championship	Byron Turner, Youth Chairman	225-892-3489	byronturner@southernmasters.org	Alexandria HS, Alexandria, LA
20-Jun-2009	Greater King David Invitational	Roderic Newton, Greater King David Track Club	225-278-2389	rnewton@dhh.la.gov	Woodlawn HS/Baton Rouge, LA
25-28 Jun-2009	Association JO Outdoor T&F Championship (Host: GKD)	Roderic Newton, Greater King David Track Club	225-278-2389	rnewton@dhh.la.gov	Port Allen HS/Port Allen, LA
30 June - 5 Jul-2009	USA Youth Outdoor T&F Championship				Eastern Michigan University, Ypsilanti, MI
9 - 12 Jul-2009	USATF Regional JO Outdoor T&F Championship	Mark Birdwell	205-862-2477	trakbird2@bellsouth.net	Nashville, Tennessee
28 July - 2 Aug 2009	USATF National JO Outdoor T&F Championship				North Carolina A&T State University, Greensboro, NC

ENTRY INFORMATION AND INSTRUCTION

Entry Procedure

1. All entries will be done electronically through www.coacho.com. However, Masters are allowed to submit the registration form within this packet.
2. Entry Deadline is **May 12th**. Entries may be made as early as **February 15th**. You may make changes as often as you wish until the entry deadline.
3. No Faxed or Phoned entries will be accepted.
4. Declaration MUST be completed by **May 12th** for youth

Entry Fees

1. Entry fees are **\$6.00** per youth athlete and **\$6.00** per relay team
2. Late registration on site will begin at 8:00 am and will be **\$10.00** per youth athlete and **\$10.00** per relay team
3. Payment will be made online through www.coacho.com
4. Certified officials who come to work the meet, entry fee is **free** with Officials ID.

TEAM PACKET PICKUP

Coaches can pick up their team's meet packet at check in area identified in front of stadium beginning 1 hour prior to the first event

UNATTACHED PACKET PICKUP

Unattached athletes can pick up their packet at check in area identified in front of stadium beginning 1 hour prior to the first event and will continue throughout the day.

MEET PACKETS

Packets will include heat sheets, time schedule, athlete and coaches wrist bands and/or bib numbers if used.

SPECTATORS

General Public Admission cost is **FREE** for USATF members Only. All others, Admission fee are:

\$3.00	Adults
\$2.00	Children 6 yrs. old--High School
FREE	5 yrs. old & under

Coaches One (1) pass for every 10 athletes on your team roster.

DIRECTIONS:

University of Louisiana at Monroe / 700 University Ave., Monroe, La. 71292

- From the South – Go straight on Highway 165 and go past Hwy 80 & ULM exits. At the Taco Bell turn right and go straight through the ULM campus. Turn left after passing the basketball coliseum. The track is in the stadium (Brown Stadium) on the right just past the football stadium.
- From the East and West – Exit on Highway 165 North and follow the above directions.
- From the North – go straight on Hwy 165 and turn left at the Taco Bell and follow the above directions.

Meet Rules and Regulations

1. Only athletes and officials are allowed inside the fenced in area of the track.
2. Event Limitations: Athletes must participate in their division based on date of birth as of December 31, 2009. Exception to this rule is Sub-Bantams. Sub-Bantams may run as Bantams in events where there is no event for Sub-Bantams (Ex. 400 M. Dash).

<u>Division</u>	<u>Age</u>	<u>Maximum Events</u>
Sub-Bantam	8 & Under	3
Bantam	9-10	3
Midget	11-12	3
Youth	13-14	4
Intermediate	15-16	4
Young Men & Women	17-18	4

Note: Athletes who compete in more than the events allowed will be disqualified from the meet.

3. **Relays:** All 4 members of relay teams must be in the same age division. **No** combining age groups for relays.
4. **Athletes Check In Area:** Athletes in running events are to report to the Athlete Check In Area one event prior to start of their event. Athletes in field events are to report to their field event area when the event starts.
5. **Scoring:** Relays and Individual 1st-10 points; 2nd-8; 3rd- 6; 4th-4; 5th-2; 6th-1
6. **Awards:** Dog Tag Medallions for first, second, & third place in each event. The four members of the winning relay team will receive dog tag medallions and the members of the 2nd and 3rd place teams will receive ribbons. Sub-Bantams, Bantams, & Midgets will receive ribbons for 4th- 5th-6th place, in individual events.
7. **Field Event Attempts:** Competitors in Sub-Bantam, Bantam, & Midget divisions will be given **3** attempts and the competitors in Youth, Intermediate, & Young Men & Women will be given **4** attempts in the Long Jump, Triple Jump, Shot Put, and Discus & Javelin.
8. **Running Event Procedures:**
 - A. Events will be run on a rolling schedule.
 - B. All races will be run heats against time.
 - C. Divisions and heats may be combined when possible.
 - D. Heats and lanes will be assigned at the starting line.
 - E. Automatic timing will be used.
9. **Finish Line Area:** No coaches, parents, or non competing athletes allowed under the tent at the finish line area.
10. **Results:** During the meet, results will be posted on North end wall of stadium approximately 45 minutes after completion of event. After the meet, results will be posted on www.coacho.com & www.peaktrack.net approximately by 6 hours after the conclusion of the meet.
11. **Spike Length:** 1/4th inch spikes only.
12. **Race Walk:** YG, YB, IG, IB, YW, YM will be allowed to do the 1500m race walk.

Hotel Room Rates
For
USA Track & Field
Peak Performance Invitation Track Classic
May 15-16, 2009

All bookings of hotels below are under: Peak Performance Track Invitational

Note: Room blocks are available until cut-off date as listed. May still get rooms at listed rate up until meet date.

Hotels	Room Type & Rates	Number of Rooms Available	Comments
<p style="text-align: center;"><i>Comfort Suites</i> 1401 Martin Luther King Drive Monroe, LA71202 Contact: Janie Russ Phone: 318-410-1005</p>	<p style="text-align: center;">Doubles – \$74.00 Kings – \$74.00 Plus Tax</p>	<p>10 Until April 28</p>	<p>Cut-off date April 28,2009 Rate includes full hot breakfast bar. All rooms have micro fridge and sleeper sofa. Rate is for 1-4 person occupancy. 2 miles to ULM campus. 1 mile to mall & restaurants.</p>
<p style="text-align: center;"><i>Hampton Inn</i> 1407 Martin Luther King Drive Monroe, LA71202 Contact: Janie Russ Phone: 318-361-9944</p>	<p style="text-align: center;">Doubles – \$70.00 Kings – \$70.00 Plus Tax</p>	<p>20 Until April28</p>	<p>Cut-off date April 28,2009 Rate includes full hot breakfast bar. All rooms have micro fridge and sleeper sofa. Rate is for 1-4 person occupancy. 2 miles to ULM campus. 1 mile to mall & restaurants.</p>
<p style="text-align: center;"><i>LaQuinta Inn</i> 1035 Highway 1656 By Pass Monroe, LA 71203 Contact: Saloman Mena Phone: 318-322-3900</p>	<p style="text-align: center;">Doubles – \$49.00 Kings – \$49.00 Plus Tax</p>	<p>20 Until May 11</p>	<p>Cut-off date May11,2009 Rate includes continental breakfast plus. Rate is for 1-4 person occupancy. 1 1/2 miles to ULM campus. 1 mile to mall & restaurants.</p>
<p style="text-align: center;"><i>Quality Inn & Suites</i> 503 Constitution Drive West Monroe, LA 71292 Contact: Mickey Cannon Phone: 318-387-2711</p>	<p style="text-align: center;">Doubles – \$69.00 Kings – \$65.00 Suite - \$89.00 Plus Tax</p>	<p>20 Until May 1</p>	<p>Cut-off date May 1, 2009. Rates may go up after cut-off date. Rates include continental breakfast. Located within walking distance of various restaurants. Rate is for 1-4 occupancy. 4 miles to ULM campus. 4 miles to mall.</p>

Monroe-West Monroe Convention & Visitors Bureau
Phone: 318-387-5691- Fax: 318-324-1752/Toll Free: 800-843-1872

Rates quoted above do not include tax

**SOME HOTELS REQUIRE A WRITTEN CONTRACT TO BE SIGNED BEFORE THEY CAN
BLOCK ANY ROOMS**

SCHEDULE OF EVENTS

Running Events

8:30 AM	3000 Meter Run	MG, MB, YG, YB, IG, IB, YW, YM
	1500 Meter Race Walk	BG, BB, MG, MB
	400 Meter Hurdles (36")	IB, YM
	400 Meter Hurdles (30")	IG, YW
	200 Meter Hurdles (30")	YG, YB
	1500 Meter Run	BG, BB, MG, YG, YB, IG, IB, YW, YM
	4x100 Meter Relay	SG, SB, BG, BB, MG, YG, YB, IG, IB, YW, YM
	400 Meter Dash	SG, SB, BG, BB, MG, YG, YB, IG, IB, YW, YM,
	100 Meter Dash	SG, SB, BG, BB, MG, YG, YB, IG, IB, YW, YM
	50 Meter Dash	TADPOLES (4 & 5yrs), SG, SB
	110 Meter Hurdles (39")	IB, YM
	100 Meter Hurdles (33")	IG, YW, YB
	100 Meter Hurdles (30")	YG
	80 Meter Hurdles (30")	MG, MB
	800 Meter Run	BG, BB, MG, MB, YG, YB, IG, IB, YW, YM
	200 Meter Dash	SG, SB, BG, BB, MG, YG, YB, IG, IB, YW, YM
	4x400 Meter Relay	SG, SB, BG, BB, MG, YG, YB, IG, IB, YW, YM,

Field Events

9:00 AM	High Jump	BG, BB, MG, MB, YG, YB, IG, IB, YW, YM
	Long Jump <i>Pit A</i>	IG, YW, IB, YM, YG, YB
	Long Jump <i>Pit B</i>	MG, MB, BG, BB
	Shot Put <i>Ring A</i>	IG, YW, IB, YM, YG, YB
	Shot Put <i>Ring B</i>	MG, MB, BG, BB
11:30AM	Discuss	YG, IG, YW, YB, IB, YM, MG, MB
	Triple Jump	IG, YW, IB, YM, YG, YB
12:00 PM	Pole Vault	YG, IG, YW, YB, IB, YM
1:30 PM	Javelin	YG, IG, YW, YB, IB, YM, MG, MB, BG, BB

REGISTRATION AND RELEASE FORM

PEAK PERFORMANCE INVITATIONAL TRACK MEET MAY 16, 2009

Name _____ School or Track Club _____

DOB _____ Age on 12/31/09 _____ Sex _____ USATF#: _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____

AGE DIVISION

8 & Under	Sub-Bantam	Girl _____	Boy _____
9 & 10	Bantam	Girl _____	Boy _____
11 & 12	Midget	Girl _____	Boy _____
13 & 14	Youth	Girl _____	Boy _____
15 & 16	Intermediate	Girl _____	Boy _____
17 & 18	Young Men/ Young Women	Girl _____	Boy _____

In consideration for participation in the Peak Performance Invitational Track Meet, I, for myself and anyone entitled to act on my behalf, waive and release the Peak Performance Track & Field club, the University of Louisiana at Monroe, and all members thereof, and all sponsors, and their aforementioned program, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also grant permission to all of the foregoing to use any photographs, motion pictures, videos, recordings, or any other record of the event for legitimate purpose.

Athlete's
Signature _____

Parent or Coach's
Signature _____

SPONSORED BY THE PEAK PERFORMANCE TRACK AND FIELD CLUB
SANCTIONED BY THE SOUTHERN ASSOCIATION OF USA TRACK & CLUB