

8th ANNUAL
JANE DICKENS INVITATIONAL
Track and Field Festival

JUNE 26, 2010



Zephyrs Track Club
Proviso East High School
801 S. 1ST Ave., Maywood, Illinois 60153

SANCTION	USATF Illinois
MEET DIRECTOR	Marc Jones, Head Coach 708 288-0221 (cell) jones_jdaddy5@yahoo.com
ONLINE ENTRY	www.coacho.com Go to the calendar.
TIMING	Fully Automatic Timing (FAT) JLC Sports Data Management Co.
ENTRY DEADLINE	The online entry deadline is Wednesday, June 23, 2010, at midnight.
ENTRY LIMITS	Pee Wee, Bantam and Midget are limited to three events including relays. Youth, Intermediate and Young Men/Women are limited to four events including relays.
ENTRY FEES	The entry fee is \$5.00 per event and \$20.00 per relay.
RULES	In accordance with USA Track and Field rules.
CHANGES	There are no additions or changes on meet day.
CHECK-IN	A packet for coaches will be available at check-in. A coach or team representative is responsible for packet pick-up.
ADMISSIONS	The admission fee is \$3.00 for adults and \$2.00 for children 12 and under.
COMPETITION	Meet management reserves the right to combine divisions and heats for a single race where numbers allow. Separate awards will be presented. The top eight fastest times advance to finals. Events with eight or less entries will be contested as a final. Events will be contested younger to older, girls then boys unless otherwise noted.
AWARDS	<i>All Events (except featured event)</i> Medals: 1 st and 2 nd Places Ribbons: 3 rd , 4 th , 5 th , and 6 th Places

CONCESSIONS Full concessions will be available.

LOCAL HOUSING Hampton Inn – Westchester
 2222 Enterprise Drive
 Westchester, Ill 60154
 708 409-1000

Age Groups/Events

This meet is open to everyone that falls into a category listed below. Individuals competing in Pee wee through Midget categories are limited to a maximum of three events. Individuals competing in the older categories are limited to four events.

DIVISION	1 0 0	2 0 0	4 0 0	8 0 0	1 5 0	3 0 0	8 0 H	1 0 H	1 1 0 H	L J	T J	D T	J T	S P	H J	4 X 1 0 0	4 X 4 0 0	4 X 8 0 0
Pee wee (2003-later)	X	X	X							X						X		
Bantam (2001-2002)	X	X	X	X	X					X			X	X	X	X	X	
Midget (1999-2000)	X	X	X	X	X	X	X			X		X	X	X	X	X	X	X
Youth (1997-98)	X	X	X	X	X	X		X		X	X	X	X	X	X	X	X	X
Intermediate (1995 -96)	X	X	X	X	X	X		X	X	X	X	X	X	X	X	X	X	X
Young M/W (1993-94)*	X	X	X	X	X	X		X	X	X	X	X	X	X	X	X	X	X

*Athletes born in 1992 who are still in high school are eligible to compete.

Events Schedule

<u>Time</u>		<u>Event</u>
8:00 a.m.	Track	3200 Meter Relay 100 Meter Dash (F) 100 Meter Dash (F) (Open) 3000 Meter Run 110/100/80 Meter Hurdle (F) 400 Meter Relay 800 Meter Run 400 Meter Dash 1500 Meter Run 1500 Meter Run (Open) 200 Meter Dash 1600 Meter Relay
8:30 a.m.	Field	Long Jump (YW/YM/IG/IB/YG/YB/MG/MB/BG/BB/SBG/SBB) Long Jump (Open) Discus Throw High Jump Javelin Throw Triple Jump (After Long Jump) Triple Jump (Open) Shot Put

Results will be posted at: www.jlcsportsdata.com.

Directions

From the North

Take I-94 east to I-294 south. Take I-294 to the Eisenhower Expressway (I-290E). Exit the Eisenhower Expressway at 1st Ave. (exit 20). Make a left turn and go north about six (6) blocks. Proviso East High School is on the right side of the street and the parking lot is on the left side of the street.

From the South

Take I-55 north to I-294 north (exit 277A). Take I-294 north to the Eisenhower Expressway (I-290E). Exit the Eisenhower Expressway at 1st Ave. (exit 20). Make a left turn and go north about six (6) blocks. Proviso East High School is on the right side of the street and the parking lot is on the left side of the street.

Take I-57 north. Merge onto I-80 east (exit 345A). Stay in left lane and merge onto I-294 north. Take I-294 north to the Eisenhower Expressway (I-290E). Exit the Eisenhower Expressway at 1st Ave. (exit 20). Make a left turn and go north about six (6) blocks. Proviso East High School is on the right side of the street and the parking lot is on the left side of the street.

From the East

Take I-94 west to I-90 west. Merge into the lanes marked "WEST SUBURBS/CONGRESS PKWY/CHICAGO LOOP (I-290 west)". Merge onto the Eisenhower Expressway (I-290 west) via the exit on the left – towards west suburbs. Go to 1st Ave. (exit 20). Turn right and go north about six (6) blocks. Proviso East High School is on the right side of the street and the parking lot is on the left side of the street.

From the West

Take I-88 east. I-88 east runs into the Eisenhower Expressway (I-290 east). Exit the Eisenhower Expressway at 1st Ave. (exit 20). Make a left turn and go north about six (6) blocks. Proviso East High School is on the right side of the street and the parking lot is on the left side of the street.

