



Developmental Meet #7



Date: Saturday, June 15, 2019 (start time 9:00 am) **Site:** Adamson Stadium, California, PA 15149

First call: 8:30 AM **Packet pick-up:** 8:00-9:00 AM

REGISTRATION: Pre-registrations only – NO DAY OF MEET REGISTRATION

ALL ATHLETES MUST REGISTER ONLINE

Online Entry Deadline:

Friday, June 14 – 12:00 NOON

No Meet Day Entries; No Changes or Additions after Deadline

2019 USATF Membership Required for online entry

Entry Fee: \$8.00 per Youth athlete. **\$10.00 per Event** Open/Masters Athlete

Divisions: Youth: 8 & under, 9-10, 11-12, 13-14, 15-16, 17-18, Open, and Masters
Ages 8 -12 Limit 3 Limit **Ages 13-18 4 Event Limit**

Please make checks payable to: **NĀDĪA TRACK CLUB**
NO PERSONAL CHECKS **CLUB CHECK, CASH OR MONEY ORDER ONLY**

Order of Events: 3000m, 80-110m Hurdles, 100m (timed final), 1500m, 1500M/3000M Racewalk, 800m, 200m, 4x100 Relay 200-400 hurdles, Steeplechase,

Field Events: Long Jump, Pole Vault, Hammer Throw, Shot Put, Discus, Javelin (oldest to youngest)
High Jump (youngest to oldest) Triple Jump - As Called

Paralympic events: 100m, 400m, shot put, and javelin

Awards: Individual medals 1st-3rd place; ribbons 4th-6th place; Relay ribbons 1st-3rd place;

Meet Director: ORONDE SHARIF (412) 580-3315

In consideration of my being accepted for participation in the 2019 NĀDĪA Invitational Track Meet, I intend to be legally bound For myself, my heirs, my executors, and administrators, waive, release and forever discharge any and all rights and claims for damages which may hereafter occur to me against the USA Track and Field, Three Rivers Athletic Association, California University of Pennsylvania, Schenley Heights Community Development Program and NĀDĪA Track Club or their officers, agents, representatives, successors, and/or assigns for any and all damages which may be sustained or suffered by me in connection with or entry in, or arising out of my traveling to, participating in and returning from said competition. I further attest that I am physically fit for competition in the event(s) I have listed above.

****GIRL/BOYS TRACK SPIKES FOR SALE****

VARIOUS SIZES AND EVENT SPECIFIC SHOES AVAILABE.

Call 412-580-3315 for a list of our inventory

1. Sign up for a free coach account (if you do not have one)

- Go to: www.athletic.net
- Click on '**Log In**' in the upper right-hand corner, and then click '**Sign Up**' on the bottom of that screen.
- Complete the signup wizard
- After receiving the confirmation email, go on to #2

2. Add meets to your season calendar

- **Log In** to Athletic.net
- Navigate to your team home by clicking your name in the upper right hand corner to open the side menu, and then the home icon next to the appropriate team.
- Click "**Add a Meet**" in your calendar box to navigate to the [Events page](#)
- In the search bar, enter **USATF Three Rivers Youth Developmental Meet #7**
- Click on the meet to expand it, and locate the button to add it to your teams calendar
- Repeat this process for the rest of your season calendar.
- *If a meet is currently not listed, click Create New Event, and add the meet.*
- Verify that your calendar is correct. Click on a Meet, then the pencil icon to make corrections to a meet, or use the trash can icon to delete a meet.

3. Enter team roster

- Navigate to your team page by opening the side menu, then click on your team.
- Click on Manage Team
- Click on Edit Roster under Athletes
- Add athletes to the roster manually, or upload your roster using the "Upload Athlete Roster" option.

4. Register athletes for the USATF Three Rivers Youth Developmental Meet #7

- Locate **USATF Three Rivers Youth Developmental Meet #7** on your team's main Track & Field page and click on the meet name.
- Click "**Register Athletes**"
- Click on an event name, or athlete name to begin registering
- Choose the correct division to enter athlete in
- Entries will be saved automatically. *For meets that collect entry fees online, be sure to enter payment information if you want your entries to be accepted.*
- Use the "**Add an Athlete**" buttons to add athletes to your roster if needed.