



# Tallahawh Roos Track & Field

## Winter Series Meet #3

### Sunday, January 14<sup>th</sup>, 2024

#### Principia College

#### Meet Information



**Meet Director:** Dr. Andrew Scott - Tallawah Track Club – [Andrew.Scott@principia.edu](mailto:Andrew.Scott@principia.edu)

**USATF Card:** All participants wanting to participate in the Tallawah Roos Track and Field Winter Series will be required to have a valid [USATF Membership Card](#). **No athletes will be permitted to participate in the Tallawah Roos Track & Field Three Meet Winter Series unless a valid USATF Membership Card is on file with the USATF National Office.** When you join online, you will instantly receive their membership number and an email confirmation of your purchase. Your membership packet (which includes your membership card) will typically arrive in 4-6 weeks. Any additional questions regarding USATF Membership should be directed to [Eileen Morris](#) (Ozark Membership Chair).

**Entry Fee:** \$25.00 plus processing fees per athlete to be paid online. Late registration will be evaluated on a case-by-case basis and if accepted will cost \$35.00 per athlete plus processing fees. All entry fees must be paid at the time of registration closing or your entries will not be accepted.

**Registration:** Registration will open on Monday, January 8<sup>th</sup> at 12:01 am.  
Registration closes on Thursday, January 11<sup>th</sup> at 12:00 noon.  
Will be done on the following entry site – [Athletic.net](#) – please use the following links:

<a href="#">8 and Under</a>	<a href="#">9-10</a>	<a href="#">11-12</a>	<a href="#">13-14</a>	<a href="#">15-16</a>	<a href="#">17-18</a>	<a href="#">Open</a>	<a href="#">Masters</a>
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**Registration Special Note:** **Registration will only allow returning participants to use performances achieved in their profile from December 2023 thru January 11<sup>th</sup>, 2024. All other times will be NT or ND.**

**Help:** Adding a Birthdate and USATF ID to your Athletic.net Profile – [Click Here](#)

Entry Limits:	Max Number of Events					
	8 and under	9 – 10	11 – 12	13 – 14	15 – 16	17 -18
	3	3	4	4	4	4

**Time Schedule:** [Click Here](#)

**Spectator Entry:** Spectators over the age of 16 will be charged \$5.00 per person. Please have cash ready.

**Live Results:** <https://liveresults.trxctiming.com>

**Trainers:** There will be a trainer on site. The trainer will be used for emergency situations only. Teams and athletes should provide their own supplies and own medical attention to non-emergency situations.

**Facility:** Will open 1.5 hours before the first event. All athletes and spectators should enter the Crafton Center on the North Side of the Building.

**Spikes:** ¼” pyramid spikes are all that can be used in on the track inside of Crafton Center. **Athletes’ spikes will be checked during clerking for the running events and at the start of the field events.** Spikes should not be worn in the following areas: 1. Restroom, Concrete Floors, and the Infield. ¼” pyramid spikes can be purchased at the concession area for \$5.00 for 14 spikes while supplies last.

**Team Camps:** Teams will be assigned to a team camping area. It is the responsibility of the team to make sure all trash is picked up prior to leaving. Teams that do not clean up their areas will not be able to attend future meets hosted at Principia College.

- Meet Protocol:**
1. Running athletes regardless of age group must check at the event when 1<sup>st</sup> call is made.
  2. Field event athletes, regardless of what flight you are in, must check in with the first flight.
  3. Running event athletes must check into the hip number table 1<sup>st</sup> to pick up (2) hip numbers, one number will be worn on the right hip and the second number will be worn on the right chest. These numbers must be picked up prior to reporting to the clerking area for your race.
  4. Field events will start on time. Start times are listed on the time schedule. Athletes who fail to report for their event prior to the start of that event will not be eligible to compete. Again, all field event athletes must check in with the head field judge prior to the start of the 1st flight.
  5. Field events will be flighted (long jump, shot put) will have flights of approximately 12 athletes per flight based on seeded performance not age group.
  6. High Jump and Pole Vault will consist of 1 flight regardless of age group. We will move through the height progression to allow all athletes to jump at the current ability level.
  7. Running events may combine age groups to help make the meet more efficient.
  8. A final time schedule will be posted after the entry deadline. Time may be adjusted to accommodate the numbers in the meet. It is your responsibility to check these revised times and plan accordingly. Meet management will not offer refunds for anyone missing their event due to not checking the time schedule. A new time schedule will be posted on Friday prior to the meet. New time schedules will have a date and time in which the schedule was updated.

**Weigh-Ins:** Shot put athletes must weigh in their shot puts. Weigh-ins will be held near shot put circle and will be held for girls/women from 8:00 am to 8:30 am, boys/men from – 9:00 am – 9:30 am.

**Acceptable Shot Put Weights**

Gender	8 and under	9-10	11-12	13-14	15-16	17-18
Boys	2 Kilo	6 lbs	6 lbs	4 Kilo	12 lbs	12 lbs
Girls	2 Kilo	6 lbs	6 lbs	6 lbs	4 Kilo	4 Kilo
	<b>Open</b>	<b>35-49</b>	<b>50-59</b>	<b>60-69</b>	<b>70-79</b>	<b>80 and Up</b>
Men	16 lbs	16 lbs	6 kilo	5 kilo	4 kilo	3 kilo
Women	4 kilo	4 kilo	3 kilo	3 kilo	2 kilo	2 kilo

**Awards:** Top 3 in each of USATF age group will receive a medal. Age groups will be: 8 and under (8U), 9-10 (10U), 11-12 (12U), 13-14 (14U), 15-16 (16U), 17-18 (18U), Open, and Masters

**Protests:** Only head club coaches may file a written protest for items that are permissible to protest. Protests will cost \$20.00. If a head coach is successful in their protest their \$20.00 will be returned to them. An unsuccessful protest will result in a forfeiture of the \$20.00. A protest can be filed at the hip number table and will be reviewed by the meet referee.

**Bib Numbers:** Each athlete will be assigned a unique bib number associated with his/her entry status. Athletes must wear this bib number when competing. All athletes must wear this bib number on the front of their race singlet. The only exception is for the pole vault, these athletes may wear their numbers on the back of their singlet. Bib numbers must be the official number found in the team's packet. Coaches should not create bib numbers from hip numbers for athletes. If a number is missing from the packet, please see packet pickup personnel. Athletes will not be allowed to compete with bib numbers that are assigned to other athletes. Only numbers assigned by meet management may be used. Replacement bib numbers will cost \$5.00.

**Height Progressions:** [High Jump](#)    [Pole Vault](#)

**Heat/Flight Sheets:** [Click Here](#)

**Meet Info Questions:** Dr. Andrew Scott - Tallawah Track Club – [Andrew.Scott@principia.edu](mailto:Andrew.Scott@principia.edu)

**Registration Questions:** Tyler Cain – [Tyler@trxctiming.com](mailto:Tyler@trxctiming.com) – 314-522-6176

**USATF Membership**

**Questions:** Eileen Morris - [membership@ozark.usatf.org](mailto:membership@ozark.usatf.org)