



**1984-2019**

***“The Legacy Continues...”***

**35<sup>th</sup> ANNUAL**

**FIREBIRDS INVITATIONAL**

**DEVELOPMENTAL TRACK MEET**

**Hosted in partnership with Vector Elite Track & Field**

**May 18, 2019**



**Thomas Johnson High School  
1501 N. Market Street  
Frederick, Maryland 21701**

**FIREBIRDS ATHLETICS CLUB  
OF MONTGOMERY COUNTY MARYLAND  
35<sup>th</sup> Annual Invitational Developmental Track Meet  
Hosted in partnership with Vector Elite Track & Field  
Frederick County Maryland  
May 18, 2019**

**1984-2019  
“The Legacy Continues...”**

DATE:

Saturday May 18, 2019

Time:

Events Start: 8:30am

Registration: Opens at 8:00 am

LOCATION: (note location change)

Thomas Johnson High School  
1501 N. Market Street  
Frederick, MD 21701

INFORMATION:

Okinyi Ayungo - Meet Director  
301-523-7794

Email contact: [okinyi@yahoo.com](mailto:okinyi@yahoo.com)

Shawn Sabbakhan – Co-Meet Director  
203-524-2436

Email contact: [sabba100@gmail.com](mailto:sabba100@gmail.com)

Corliss Clark – Administrative Contact  
(301) 346-1302

Email contact: [cclark\\_06@verizon.net](mailto:cclark_06@verizon.net)

INDIVIDUAL AWARDS:

1<sup>st</sup> through 3<sup>rd</sup> place medals

4<sup>th</sup> through 6<sup>th</sup> place ribbons

AGE GROUPS:

Age determined as of December 31, 2019 for boys and girls.

(The age you will be on the date above)

<b>Age Divisions</b>
8&under (born 2011 or later)
9-10 (born 2010 - 2009)
11-12 (born 2008–2007)
13-14 (born 2006–2005)
15-16 (born 2004–2003)
17-18 (born 2002-2001) * athletes born in 2000 are also eligible if they do not turn 19 on or before 7/29/2019
High School (born 2001 – 2003) * from the same high school or club team

DISQUALIFICATION:

Age violations will disqualify individuals and entire relay teams if any one of the team members is in violation. Age violations may also result in the entire Track Club being disqualified from the meet. Combining teams for relays will result in disqualifications of all parties involved.

FACILITIES:

Restrooms will be opened at 7:00 am

CONCESSIONS:

Food and Drink will be available for purchase

PARTICIPATION LIMITATIONS:

Maximum of 3 events per person including relays for 12 and under; 4 events for 13 and up.

**VIOLATION OF THIS RULE WILL RESULT IN FORFEITURE OF ALL AWARDS IN THE MEET. THIS APPLIES TO INDIVIDUALS AND POSSIBLY ENTIRE TEAMS. NO REFUNDS.**

MEET RULES AND REGULATIONS:

Shirts required. Maximum ¼” spikes. Supply your own starting blocks and relay batons. **Name/Club stickers will be required. Teams must bring your own pre-filled out labels, but please be sure they are no larger than 3 ½” by 15/16”.** Stickers should include team and participant's name, age group and event.

Relay members must all have the same jersey or top.

OFFICIALS & TIMERS:

Additional help may be needed  
& your cooperation is appreciated.

CLEAN UP:

Please bring trash bags to police  
your area before you leave.

ENTRY FEE:

\$8.00 per individual. \$12.00 per relay. Team Maximum is \$450.00. **A Team representative must call to confirm participation with an estimate of the number of athletes attending no later than May 15, 2019 so we can develop a roster & plan for attendance.** Call Corliss Clark at 301-346-1302 or email at [cclark\\_06@verizon.net](mailto:cclark_06@verizon.net) to confirm attendance or for any questions.

\*\*\*PLEASE NOTE:

- Please adhere to the participation limits including relays.
- Due to expected attendance, we ask that you follow the below limitations:
  - For the 200 and 400 Meter Run, only 4 entrants per club/team in each age group and sex (male & female) are recommended be entered
  - If we run into time constraints, adjustments may be needed on relays which will be discussed with the coaches if needed

# ORDER OF EVENTS AND AGES

**Coaches' Meeting**  
**National Anthem**  
**Events**

**8:15AM**  
**8:30AM**  
**Immediately following...**

## **RUNNING EVENTS:**

1500 Meters	(9/10 & up)
100 Meter Semi-Finals	All Ages
Sprint Hurdles	
80 Meter	11 – 12
100 Meter	13 – 14
50 Meters	6 & under
100 Meter Finals	All Ages
800 Meter	All Ages
200 Meter Timed Finals	All Ages
4 X100 Meter Relay	All Ages
<i>(Timed Finals)</i>	
400 Meter Timed-Finals	All Ages
Parents/Coaches 4 x 100 Meter Relay (time permitting)	
4X400 Meter Relay	All Ages

## **FIELD EVENTS:**

Long Jump	17/18 & down
High Jump	9 and Up
Shot Put	9 and Up
Discus	11/12 and Up
Turbo Javelin	8—12

**Get your relay teams together for the parent/coaches 4x100  
Relay (if time permits)**

**FIREBIRDS INVITATIONAL DEVELOPMENTAL TRACK MEET  
MAY 18, 2019**

**WAIVER**

**In consideration of my team/individual entry into the competition known as the Firebirds Trak Club Developmental Meet, I, intending to be legally bound, do hereby for my team/individual, executors and administrators, waive release and forever discharge any and all rights for claims and damages, including any claims for loss, damages or injury to my team/individual personnel or property arising out of my team/individual performance or failure of performance from the Firebirds Track Club, it's officers and members, race officials, Potomac Valley Association, Vector Elite Track & Field, Frederick County Public Schools and anyone connected with the Firebirds Developmental Meet, their agents, representatives, successors and assigns.**

**I certify that to the best of my knowledge and belief, all team/individual members are in good physical condition and have no disease or injury that would impair performance in competition. I, the undersigned, declare on my honor that my team/individual is of amateur status, and I also give permission for the use of my team's/individual name and or picture to appear in any official documentary, sponsor advertisement, newspaper, broadcast, telecast, or other account of this event.**

**TEAM/INDIVIDUAL NAME** \_\_\_\_\_  
**ADDRESS** \_\_\_\_\_  
\_\_\_\_\_  
**Email Address** \_\_\_\_\_

**COACH'S/INDIVIDUAL NAME** \_\_\_\_\_  
**PHONE NUMBER** \_\_\_\_\_  
**SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_

**DIRECTIONS:** (suggest you check mapquest)

Governor Thomas Johnson High School  
1501 N. Market Street  
Frederick, MD 21701

**Parking allowed in “designated” spots only. Cars parked illegally are subject to towing at owner’s expense. Teams are encouraged to carpool where possible.**

**From PG County:**

Take I-495N  
Follow signs for I-95 N/I-495 N/Belt Way and merge onto I-495 N/I-95 N  
Keep right at the fork to continue on I-270 N, follow signs for Frederick  
Continue onto US-40 W  
Continue onto US-15 N  
Take exit 16 for Motter Avenue  
Turn left onto Motter Ave  
Destination will be on your right

**From Gaithersburg/Germantown:**

Merge onto I-270 N via the ramp to Frederick  
Continue onto US-40 W  
Continue onto US-15 N  
Take exit 16 for Motter Avenue  
Turn left onto Motter Ave  
Destination will be on your right