



# NEW HAVEN YOUTH TRACK CLASSIC

Sunday January 31, 2010  
Yale University Cox Cage – Banked Mondo Track  
76 Derby Avenue, New Haven, CT 06515  
Sponsored by: New Haven Age Group Track Club

**ON-LINE PRE-REGISTRATION ONLY! - [WWW.CoachO.COM](http://WWW.CoachO.COM)**

AAU membership required. Go to [www.auathletics.org](http://www.auathletics.org)

**Entry deadline – January 25, 2010**

Packet pick up – 8:30 a.m  
Meet begins at 10:00 a.m

Meet Director: Major Ruth  
Sanction – AAU

**Double Age Divisions** -( based on year of Birth): **P**-Primary under 9 (2002 or younger), **B**-Bantam 9-10 (2000-2001), **M**-Midget 11-12 (1998- 1999), **Y**-Youth 13-14 (1996-1997, **I**-Intermediate 15-16 (1994-1995)

**Entry Fee:** \$12.00 per athlete, \$20 per relay  
**Entry Limit:** 3 events per athlete, including relay  
**Spectator fee:** \$2 (Each teams allowed 2 coaches to enter free.)

## **Order of Events:**

Races will run in order, with no specific start times after the first event.  
Order is girls then boys. Age groups and boys/ girls may be combined.

<b><u>10:30 am</u></b>	<b><u>Track Events</u></b>	<b><u>10:00 am</u></b>	<b><u>Field Events</u></b>
	4 x 200 Relay		Long Jump (3 jumps) (no finals)
	1500 Meters (B, M, Y, Int)		
	55 meters		High Jump
	55 HH (M, Y, INT)		
	200 Meters		
	800 meters		
	400 Meters		Shot Put 6lb or 4K (3 throws)(no finals)
	Sprint Medley Relay (400-200-200-800)		

\*\*All team members must be same sex and age division. Relay form must be submitted.

**Awards:** 1<sup>st</sup>-3<sup>rd</sup> place - Medals. 4-6<sup>th</sup> place - ribbons

# Transportation information

## **From Merritt and Wilbur Cross Parkways:**

Take Exit 57 (Route 34 East) directly to the Yale Fields, or take Exit 59 (Whalley Avenue) and follow Yale Bowl Signs to the Yale Fields.

**I-95 - From South of Connecticut** - Take 95 north to Exit 44 in Connecticut to Route 10 and follow Yale Bowl signs.

**I-95 - From North of Connecticut** - Take 95 south to Exit 47 (Downtown) and follow Route 34 to the Yale Fields.

## **From Downtown New Haven:**

Go north on Chapel Street, then turn left on Derby Avenue (Route 34) to the fields. From I-91: Take Exit 1 (Downtown) and follow Route 34 to the Yale Fields.

## Public Transit

Metro North Transit to New Haven takes about 1hr 15 minutes from Grand Central Station. I recommend taking a cab from the train station to the track. It's less than 5 miles.

This is a link to MTA for the train schedule:

[http://as0.mta.info/mnr/schedules/reverse\\_trip.cfm](http://as0.mta.info/mnr/schedules/reverse_trip.cfm)