



1st Annual Linking Arms' Invitational

University of West Florida
11000 University Parkway
Pensacola, FL 32514
May 22, 2010



Age Divisions:

- Pee Wee (Ages 7 and under)
- Primary (Age 8)
- Sub-Bantam (Age 9)
- Bantam (Age 10)
- Sub-Midget (Age 11)
- Midget (Age 12)
- Sub-Youth (Age 13)
- Youth (Age 14)
- Intermediate (Ages 15-16)
- Young Men/Women (Ages 17-18)

ENTRY FEES

Online Registration via www.CoachO.com

Registration Deadline — May 16, 2010

Entry fee: \$10 per Athlete

NO REFUNDS...NO ON-SITE REGISTRATION

ADMISSION FEES

\$3.00 - 5 and older FREE - 4 and younger

Order of Events

7:00am - Officials/Coaches Meeting

Field Events:

7:30am - Long Jump
 Triple Jump
 Shot Put
 High Jump
 Discus
 Javelin



Running Events:

8:00am - 3000M Run
 3000M Race/Walk
 100M/110M Hurdles
 100M
 1500M Race/Walk
 1500M Run
 4 x 100 Meter Relay
 400M
 800M
 200M
 4 x 400 Meter Relay



AWARDS



1st - 3rd Place Medals

4th - 8th Places Award Ribbons

All Others - Participant Ribbons

1st - 3rd Team Trophies

Filming Provided by UWF

Film Supervising Provided
Filmworks of NW Florida

Automatic Timing Provided
by Half-Mile Timing

**** This meet will be on a rolling schedule ****

Events will be run on a Rubber (Latex) surface

***** This meet can be watched live online and DVDs will be available *****

This Meet is hosted by Linking Arms Track Club and sanctioned by AAU.

For additional information, call (850) 607-6608 or e-mail KDickerson@LinkingArms.org