

CLCF Summer Showdown

- Location** Cranston West Track, 80 Metropolitan Ave, Cranston, RI 02920.
Part of Cranston West High School campus.
- Age Groups** 5-6, 7-8, 9-10, 11-12, 13-14, 15-16,17-18
- Age groups based on age as of the meet day.**
- For relay only-there will be a boys, girls and mixed group per age group.
- Registration** Early registration is from April 1, 2021 to July 10, 2021-\$25, \$15, only for ages 5-6, \$10 for ages 17-18 (online only)
- Late registration is from July 11-July 15, 2021- \$30, \$20, only for ages 5-6,\$15 for 17-18 year olds (online only).
- Day of meet registration July 16 and 17,2021-\$35, \$25, only for ages 5-6 , \$15 for ages 17-18 (cash or check-CLCF Track, PayPal, Venmo)
- Registration changes** Any changes to an athlete's event, will cost \$20 per event change on the day of the meet.
- Events** **Friday Night:**
Relays-4x100-4x400-4x800-SMR(100-100-200-400) DMR (1200-400-800-1600)-Shuttle Hurdle(100/110 meter hurdles),
- Individual Events (Friday Night):**
- 3000 meter, 200 Meter Hurdles, Triple Jump, Javelin, Hammer, Softball Toss
- Saturday:**100 Meter, 200 Meter, 400 Meter, 800 Meter, 1500 Meters, 50-80-100 Meter Hurdles, Standing Long Jump,Long Jump, High Jump, Shot Put, Discus

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Relay-4x100 and 4x400 relay

Athlete's Events All athletes can do a max of 2 relays. Athletes ages 5-10 can do a max of 3 individual events(any combination of running and field). Athletes ages 11-16 can do a max of 4 individual events(any combination of running and field). Athletes 17-18 can do 1 event-the hammer exhibition.

Sanction USATF

COVID Protocols CLCF will follow all local and state health COVID guidelines in regards to youth sports.

Masks will have to be worn by all athletes, coaches, officials and spectators.

All athletes must have a negative test 72 hours prior to the meet. Results can be brought to the meet or emailed to the meet director.

Event Awards *Individual Events* 1st Place – Trophy, 2nd – 8th Place – Ribbons

Relay– Medals to top the individuals on the top three teams that finish.

Team Scoring Awards are given out to the top 3 finishing teams Points for final finish only.

Individual events scoring: 1st – 10, 2nd – 8, 3rd – 6, 4th – 5, 5th – 4, 6th – 3, 7th – 2, 8th – 1

Heat finishes do not score points.

Relay scoring-1st – 5, 2nd – 3, 3rd – 1

Affiliation An athlete who enters with a club affiliation may not change to another club during the meet. Clubs may not combine together in the scoring.

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Online Registration	Coach-O.com
Schedule	Times are approximate on the provided schedule. Running events can run up to 20 minutes ahead of time to help expedite the meet.
Event Conflicts	Athletes at field events should notify the field event official if they have to leave to check in and/or compete at a running event. If an athlete misses an attempt at a field event (or height for high jump), the field event official may, at their discretion, provide accommodation if it does not disrupt the logistics and time schedule of the event.
Protests	Any protests needs to be submitted within 30 minutes of completion of an event. The cost is \$100 cash to protest an event result. The event official and meet director will make a decision based on the information they have in front of them.
Runner Numbers	Runner numbers should be placed on the front of the jersey. Hip numbers should be placed on the left hip and left chest as applicable.
Spikes	Track spikes are allowed with ¼” spike length.
Sections	Some races could be combined if races are not full. Races will be combined with the same gender and follow racing safety protocols. Runners will only score against opponents in their age group when in a mixed section.
Sprints	Starting blocks will be provided for the 100, 200, 400, hurdles, and relay races for ages 13+. They are optional for any athlete 13+.
Relays-Running	All runners and athletes must be from the same team. There will be a female, male and mixed group. The mixed group must be 2 male and 2 females. Athletes may run up one age group if needed to fill a spot or to get an athlete into a relay.

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Athletes may not run up in the shuttle hurdle relay due to the varying heights of the race.

Batons will be provided to any team that does not have their own. Finals are based on times.

Jumps Long and triple jump will have preliminaries and finals, provided that there are enough athletes entered.

The standing long jump will be given 3 jumps and the winner declared from the best of those jumps.

High Jump will be the standard 3 attempts per height.

Throws Each throwing event will have preliminary and final flights, provided that there are sufficient athletes competing. It is preferable that each athlete bring their own implement for the throwing events for safety and health reasons. There will be a limited number available for those athletes that do not have their own.

The softball toss will be given 3 throws and the winner will be declared from the best of those throws.

T Shirts Can be pre ordered with an athlete's registration or purchased at the meet.

Rest rooms There are restrooms but no changing facilities.

Additional Information Contact Frank Notarianni at clcfrackandfield@gmail.com See our web site at clcfrack.com As a last resort, call the meet director at 401-648-0400.