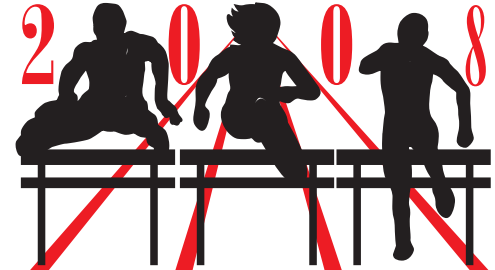




17th Annual Central Florida Gliders



SPRING TRACK CLASSIC



www.cfgliders.com

Saturday, May 10, 2008

Campus of Lake Brantley High School
991 Sand Lake Road
Altamonte Springs, Florida 32714

No Same Day Registration



www.altamontesports.org

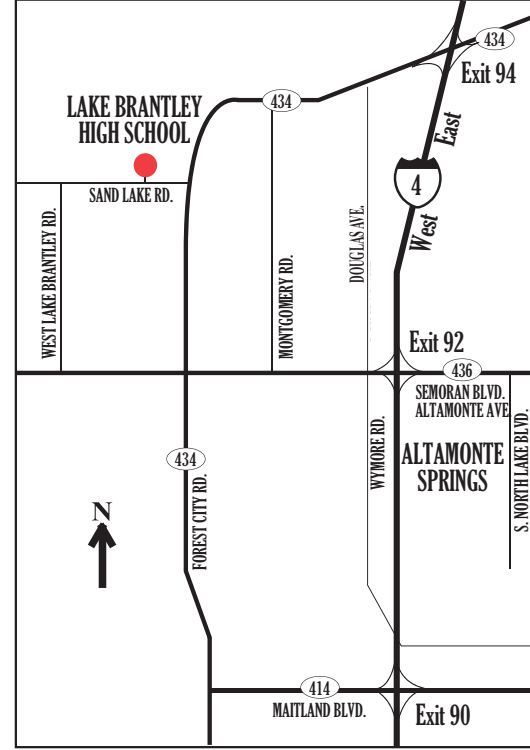


Directions:

From Tampa: Take I-4 exit #92 at State Road 436. Travel west to State Road 434 and turn north (right) one mile and drive to Sand Lake Rd.

From Daytona: Take I-4 exit #94 at State Road 434. Travel west to Sand Lake Rd.

At Sand Lake Road, head west, Lake Brantley High School is one-quarter mile on the right.



Suggested Lodging

For suggested lodging in the Altamonte Springs area, please visit the event page of the Altamonte Sports web site at www.altamontesports.org/event.asp

For discounted hotel rates, ask for the "Altamonte Sports Rate" when calling to book your rooms!



ONLINE ENTRY INFORMATION * \$10.00 ENTRY FEE



Online entries this year will be processed through www.coacho.com. The entry deadline is Thursday, May 8th, and all online entry fees must be paid in full at that time. Each competitor must acknowledge the waiver notification when registering online or must submit a signed waiver form the day of the meet before receiving their race number.

Please contact the Meet Director, coachwise@hotmail.com, if you have problems with the meet entry process that the Coach0 support team, www.support@coacho.com cannot fix.

Events Limit: 3 events including relays for Primary, Bantam, & Midget • 4 events including relays for Youth & Open. Please enter best mark or time.

WAIVER: In consideration of my entry into the 17th Annual Central Florida Gliders Age Group Spring Track Classic, I intend to be legally bound, do hereby for myself, executors, waive, release, and forever discharge any and all legal rights and claims of damages, person or property arising out of my participation, the Officials, Seminole County, Seminole County Schools, Lake Brantley High School, City of Altamonte Springs, Altamonte Sports, USATF, the Central Florida Gliders Track Club, their coaches, their agents, representatives, successors, and assigns. I further testify that I am physically fit and in condition to compete in this event.

Signature of Entrant

Date

Signature of Parent or Guardian of Entrant if under 18 years of age

Date



www.cfgliders.com

About the Central Florida Gliders

The Central Florida Gliders are a 501(3)c, nonprofit, community-based running club with over 100 participating athletes. The organization is in its 18th year of existence and has had much success producing teams and individuals of national caliber. The club's stated purpose in its bylaws is to motivate the athlete to aspire to achieve leadership, discipline and integrity through the sport of track & field and cross country running. Additionally, the organization stresses to its members the importance of academic achievement, community service and sportsmanship.

If you, your business or someone you know is interested in sponsoring the team, tax deductible donations can be made to assist the athletes in traveling to national competitions. Please call (407) 682-1368 for more information. Your support of youth running in Central Florida is greatly appreciated! Visit the Gliders website at: www.cfgliders.com for more information about the Gliders' programs and accomplishments.

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Saturday, May 10, 2008



Campus of Lake Brantley High School
991 Sand Lake Road
Altamonte Springs, Florida 32714

**No Same Day
Registration!**



www.altamontesports.org

Date:

Saturday, May 10, 2008

Location:

Lake Brantley High School
991 Sand Lake Road, Altamonte Springs,
Florida 32714 (Please see map on back)

Facility:

400 Meter Rubber Track

Host:

Central Florida Gliders Track Club and Altamonte Sports



No Same Day Registration

Early registration is advised as only a maximum of 1,000 entries will be accepted.

EVENTS OFFERED	Primary 8 & Under • 2000 & After	Bantam 9 & 10 • 1999-98	Midget 11 & 12 • 1997-96	Youth 13 & 14 • 1995-94	Open 15 & Over • 1993 & Before
Shot Put		•	•	•	•
Long Jump	•	•	•	•	•
High Jump		•	•	•	•
Discus			•	•	•
100 Meter	•	•	•	•	•
400 Meter		•	•	•	•
800 Meter		•	•	•	•
Mile Run		•	•	•	•
4 x 100 Relay		•	•	•	•
4 x 400 Relay		•	•	•	•
80 Meter Hurdles			•		
100 Meter Hurdles				•	• Women
110 Meter Hurdles					• Men

Online Entry Information *\$10.00 Entry Fee

Online entries this year will be processed through www.coacho.com
Each competitor must acknowledge the waiver notification when registering or must submit a signed waiver form the day of the meet before receiving their race number.
Online registration will be closed 11:59 pm, Thursday, May 8, 2008.

Information: (www.cfgliders.com)

Meet Director and Meet Coordinator:
Craig Wise (407) 682-1368 Fax: (407) 682-1697
coachwise@hotmail.com

Central Florida Gliders
931 State Road 434, Suite 1201-319
Altamonte Springs, Florida 32714

Special Event:

Coaches/Parents Medley Relay (200m, 200m, 400m, 800m)
Each team must have at least one female athlete. Relay will take place after the 4 x 100m Relay. Please e-mail the Meet Director if you will have an entry into this event as there is a maximum of 16 entries. No cost, but participants must sign a waiver.

Awards:

A Special Prize will be awarded for 1st place.
Medals will be awarded for 1st - 3rd place.
Ribbons will be awarded for 4th - 6th place.

Age Divisions:

Age divisions are determined by **the athlete's age as of December 31, 2008**. Athletes must compete in their own age group and they can not move up or down. Exception: Bantam relays may consist of primary athlete of same sex.

Primary (8 & Under).....	Born 2000 & After
Bantam (9 & 10).....	Born 1999 & 1998
Midget (11 & 12).....	Born 1997 & 1996
Youth (13 & 14).....	Born 1995 & 1994
Open (15 & Over).....	Born 1993 - 1979
Masters (30 & Over).....	Born 1978 & Before

Order of Events: (girls, then boys)

7:20 a.m. Officials/Coaches Meeting.....Finish Line

FIELD EVENTS:

8:30 a.m.....	High Jump.....	Bantam
	Long Jump.....	Midget
	Shot Put.....	Youth, 15 & Over
9:15 a.m.....	Shot Put.....	Bantam
	High Jump.....	Midget
	Long Jump	Youth, 15 & Over
9:15 a.m.	Discus	15 & Over, Youth, Midget
10:00 a.m.	Long Jump	Primary, Bantam
	Shot Put	Midget
	High Jump	Youth, 15 & Over

RUNNING EVENTS:

7:30 a.m.....	Mile Run	15 & Over, Youth, Midget, Bantam
	80 Hurdles 30".....	Midget
	100 Hurdles 30".....	Youth (girls)
	100 Hurdles 33".....	Youth (boys), 15 & Over (girls)
	110 Hurdles 39".....	15 & Over (boys)
	100 Meter	Primary, Bantam, Midget, Youth, 15 & Over
	4 x 100 Relay	Bantam, Midget, Youth, 15 & Over
	Medley Relay	Coaches/Parents
	* Officials Lunch Break	
	400 Meter	Bantam, Midget, Youth, 15 & Over
	800 Meter	Bantam, Midget, Youth, 15 & Over
	4 x 400 Relay	Bantam, Midget, Youth, 15 & Over