



www.cfgliders.com

About the Central Florida Gliders

The Central Florida Gliders is a 501(3)c, nonprofit, community-based running club with over 60 participating athletes. The organization is in its 20th 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.



Saturday, May 8, 2010

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

**No Same Day
Registration!**



Date:

Saturday, May 8, 2010

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 & Programs



No Same Day Registration

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

Online Entry Information * \$6.00 per event

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. No relay fee, but each runner has to be registered in an individual event. Online registration will be closed 11:59pm, Thursday, May 6, 2010.

Information: (www.cfgliders.com)

Meet Director: Craig Wise
Assistant Meet Director: Al Clay
Meet Coordinator: Mark Robinson
407-682-1368; Fax: 407-682-1697; cfgliders_classic@yahoo.com

Central Florida Gliders
P.O. Box 161965
Altamonte Springs, Florida 32716-1965

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:

Medals will be awarded for 1st – 3rd place.
Ribbons will be awarded for 4th – 6th place.

EVENTS OFFERED	Primary	Bantam	Midget	Youth	Open
Shot Put		•	•	•	•
Long Jump	•	•	•	•	•
High Jump		•	•	•	•
Discus			•	•	•
100 Meter	•	•	•	•	•
200 Meter	•	•	•	•	•
400 Meter		•	•	•	•
800 Meter		•	•	•	•
Mile Run		•	•	•	•
4 x 100 Relay		•	•	•	•
80 Meter Hurdles			•		
100 Meter Hurdles				•	• Women
110 Meter Hurdles					• Men

Age Divisions:

Age divisions are determined by the athlete's age as of December 31, 2010. 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 2002 & After
Bantam (9 & 10).....	Born 2001 & 2000
Midget (11 & 12).....	Born 1999 & 1998
Youth (13 & 14).....	Born 1997 & 1996
Open (15 & Over).....	Born 1995 & 1981
Masters (30 & Over).....	Born 1980 & Before

Order of Events: (girls, then boys)

7:20am.... Officials/Coaches Meeting.....Finish Line

FIELD EVENTS:

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

RUNNING EVENTS:

7:15am.... 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
200 Meter.....	Primary, Bantam, Midget, Youth, 15 & Over

