

## KEY MEET INFORMATION

AAU SANCTIONED

### DATE:

SATURDAY, JULY 10, 2010

### PLACE:

FSU MIKE LONG TRACK  
TALLAHASSEE, FL

### MEET DIRECTORS:

**ERNIE AND ALICE SIMS**  
**(850) 668-6949**

(COACHES/PARENTS, BE PREPARED TO  
SHOW PROOF OF AGE IF REQUESTED BY  
MEET OFFICIALS)

### ENTRY FEE:

\$12.00/YOUTH ATHLETES

\$15.00/OPEN & MASTERS

REGISTRATION DEADLINE JULY 5, 2010

## **MEET REGISTRATION:**

PLEASE MAIL ENTRY FEE PAID TO:

**ERNIE SIMS BIG HITS FOUNDATION**

1770 NEWMAN LANE

TALLAHASSEE, FL. 32312

**INCLUDE ATHLETE WAIVERS OR TURN  
IN AT PACKET PICK UP**

### REGISTER ONLINE:

[WWW.COACHO.COM](http://WWW.COACHO.COM)

REGISTRATION TECHNICAL SUPPORT

[SUPPORT@COACHO.COM](mailto:SUPPORT@COACHO.COM)

### PAYMENT:

CASHIERS CHECKS OR MONEY ORDERS  
ONLY. **NO PERSONAL OR COMPANY**  
CHECKS ACCEPTED

**NO SAME DAY REGISTRATION!!**

### GENERAL ADMISSION:

\$4.00 GENERAL PUBLIC

(4 AND UNDER FREE)

ATHLETES AND COACHES FREE

**ONE COACHES PASS PER 10 ATHLETES**

MAXIMUM OF 3 COACHES PASSES

### AWARDS:

TOP THREE PLACES MEDALS

### TROPHIES:

OUTSTANDING MALE (2)/FEMALE (2)  
PERFORMERS

# ERNIE SIMS TRACK INVITATIONAL

## GENERAL MEET INFORMATION

### **REGISTRATION:**

Deadline for all entries must be completed online by Monday, July 5, 2010.

Remember that there will be no same day or onsite registration.  
**THERE ARE NO EXCEPTIONS WITH THIS POLICY!!!!**

- ⇒ There will be a meeting for all coaches promptly at 8:00 a.m.
- ⇒ It is important that coaches and athletes report to the track at least one hour prior to the scheduled event, due to the fact that the schedule is subject to change. It is solely the responsibility of the coach/parent to make sure the youth does not miss his/her event. The meet will be contested on a ROLLING SCHEDULE!
- ⇒ Parents and coaches must remain in the stands at all times. All athletes, coaches and parents must clear the infield 30 minutes prior to the start of the meet.
- ⇒ All running events will report to the staging area. All field events report directly to the event site.
- ⇒ The meet site is surrounded by plenty of eating restaurants. We will also have concession stands open at the site.
- ⇒ Team tents are only allowed in the upper stands next to the top safety rail.
- ⇒ The track complex is less than 15 minutes from local hotels, and a major mall. The meet will be ran on a very strict time schedule so please be sure that your athletes check in at the staging area immediately following the first call for their scheduled event.
- ⇒ Any contesting of a running or field event must be filed within 30 minutes after the event or when results are posted. All requests must be submitted in writing and given to a staff member at the contesting table. A \$50.00 deposit is required and will be refunded if corrections are made.