

May 2026

MEMORANDUM

TO: Youth Track & Field Coaches

FROM: Derrick Thompson, Sports Supervisor – 240-314-8652
Mr. Chuck Reese, Sports Coordinator– 240-314-8639

SUBJECT: Conference Meet Information

The Conference Meet is scheduled for Wednesday and Wednesday, **May 14th and May 20th**. There are a few guidelines to be used when filling out the registration sheet:

1. Runners shall compete in their respective age division. This includes relay events.
2. **Runners may compete in any two of the seeded running events:** 400M (open for bantams), 200M, 100M, or 50M (Bantam only).
3. **Runners can only compete in one relay.**
4. Runners can also compete in open events (Bantam 400M and 800M, and PeeWee, Junior and Intermediate 800M and 1600M).
5. Please submit your completed conference meet forms via email (fill out the spread sheet) to Mr. Chuck Reese (creese@rockvillemd.gov) by **Tuesday, May 12, 2026**. Please keep copies of the conference meet forms for your records.
6. Each team is restricted to three participants in the seeded running events. Please include participants best time and date achieved for each proposed runner. Please note that the time should be from the 2026 City of Rockville Track season.
7. Final heats are determined in the following way: winner of each heat followed by best three times. In the unlikely event of a 6th place tie then we will allow 7 runners in either 1 or 2 heats, depending on the event.
8. Coaches can make substitutions at the Day 1 qualifying meet, but **no additions** will be allowed. No substitutions will be allowed for runners who qualified into the day 2 seeded races.
9. There will be a scratch meeting at 5:45pm after which time no changes will be accepted.
10. Participants may compete in all field events.

First place finishers will be awarded medals. Ribbons will be awarded to all 2nd thru 6th place participants. **Medals and ribbons pickup is on a TBD date. We will let coaches know.**

CONFERENCE MEET SCHEDULE

THURSDAY, MAY 14, 2026

ALL FIELD EVENTS – FINALS

Running Long Jump	Intermediates and Juniors
Standing Broad Jump	Bantams and PeeWees
Softball Throw	All Age Groups
Javelin Throw	All Age Groups

RUNNING EVENTS - HEATS AND FINALS (GIRLS/ BOYS)

5:45 P.M.	50M Heat	Bantams, (3 per team)
	200M Heat	PeeWees, Juniors, Intermediates, (3 per team)
	800M Final *	Bantams, PeeWees, Juniors, Intermediates
	100M Heat	Bantams, PeeWees, Juniors, Intermediates (3 per team)
	400M Heat	PeeWees, Juniors, Intermediates (3 per team)
	Sprint Medley	PeeWees, Juniors, Intermediates
	Relay Final	(1 Team per age group per gender)

*Open Events not seeded until check in.

WEDNESDAY, May 20, 2026

RUNNING EVENTS - HEATS AND FINALS (BOYS/GIRLS)

5:30 P.M.	400M Final	PeeWees, Juniors, Intermediates
	400M *	Bantams
	200M Final	PeeWees, Juniors, Intermediates
	100M Final	Bantams, PeeWees, Juniors, Intermediates
	50M Final	Bantams
	1600M Final *	PeeWees, Juniors, Intermediates.
	4x100M Relay Final	Bantams, PeeWees, Juniors, Intermediates (1 Team per age group per gender)

*Open Events not seeded until check in.