



GATELY PARK ALL ATHLETIC COMBINE

10201 S. Cottage Grove Ave.
Chicago, IL 60628

FRIDAY, JANUARY 5th

4:30PM - Athlete Check-In

All participants will receive a packet which includes a participation number, an event shirt, and other sponsored items.

Weights & Measures

(Each participant will have their body weight, height and arm length measured)

6:00PM – WELCOME & OPENING REMARKS

6:15PM – MONDO Presentation

6:45PM – REVIEW of SATURDAY'S EVENT TESTS

7:00PM - CLOSING REMARKS

SATURDAY, JANUARY 6th

Doors Open at 9:00AM

Participants will be required to wear the event shirt, with shorts or sweatpants and athletic running shoes. No spikes or cleats will be allowed. Locker rooms and changing rooms will be available for athletes.

SCHEDULE OF EVENTS

10:00AM – VERTICAL JUMP TEST (3 attempts)

10:15AM – STANDING BROAD JUMP TEST (2 attempts)

10:30AM – ATHLETES CHECK-IN - 55 meter DASH. (Athletes will be divided by gender and age when appropriate. Within the 55m dash, athletes will be timed in the 10 yard, 40 yard, 60 yard and 55 meters.

10:35 AM – 55 METER DASH (Top fastest times will advance to a 6 LANE Final) Every athlete will run twice: 1st time individual; 2nd time in clusters according to individual time.

11:40AM - NOON: BREAK

NOON – 5-10-5 SHUTTLE RUN CHECK-IN

12:15PM – SHUTTLE RUN (Varsity then Elementary)

12:30PM – 20 meter Sled Push: (Girls-25 lbs.); (Boys-35 lbs.)