

***Grand Rapids Track Club
Grand Rapids F.I.R.E. Program***

Presents

**10th Annual Grand Rapids Invitational
Youth Track and Field Meet**

***July 11, 2020
Grand Rapids, MI***



DATE: July 11, 2020

LOCATION: Houseman Field
150 Houseman Ave. NE, Grand Rapids, MI 49503
All weather surface – 8 lanes
Parking and Restrooms Available
Track spikes ¼” pyramid or less

HOSTS: Dan Ebright, 616-608-2209(cell), grtcdebright@yahoo.com
Yamaka Bracey, 616-828-7705, yamakabracey@gmail.com

ENTRY DEADLINE: Online Registration Deadline – 11:59 P.M., Thursday, July 9, 2020
Register online at: <http://coacho.com/main/onlineentry/index.html>

FEE: \$15 per athlete (non-refundable). \$20 day of the meet

AGE: 8 & u,9-10,11-12,13-14,15-16,17-18 (age as of 12/31/20) – No subdivisions will be run.

TIME: Gates Open at 8:00 A.M.
Field Events will begin at 9:00 A.M. and Running Events at 10:00 A.M.

AWARDS: Medals 1st - 3rd for each division

ORDER OF EVENTS: See attached schedule

- This event is licensed by the Amateur Athletic Union of the U. S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU membership must be obtained before the competition begins.

BE PREPARED! Adult and Non Athlete memberships are no longer instant and cannot be applied for at event. Please allow at least 10 days for membership to be processed. Participants are encouraged to visit the AAU website www.aausports.org to obtain membership.

ORDER OF EVENTS

Packet Pick-Up: 8:00am to 9:00am

Coaches Meeting: 8:30am

**STARTING TIME: 9:00 am - Field Events
10:00 am – Running Events**

WE WILL START ON TIME!

All events are timed final except 100m dash and hurdles if necessary. If there are less than 8 entries in a division, the entrants will automatically advance to the final. **MICHIANA TIMING WILL BE RETURNING TO TIME THIS YEAR'S EVENT, WHICH INCLUDES LIVE RESULTS THROUGHOUT THE MEET.**

<u>EVENT</u>	<u>AGE GROUP</u>
Hurdles semi (Top eight times to finals)	11-18
100m semi (Top eight times to finals)	all
Finals start immediately after prelims	
1500m run	8-18
400m dash	all
Hurdle finals	11-18
100m Finals	all
4x100 relay	all
800m	all
200m hurdles and 400m hurdles	13-18
200m (timed finals)	all
1600m relay	8-18

FIELD EVENTS

4 attempts/throws – no finals

Long jump	all
Shot put	all
Discus	11-18
High jump	9-18
Javelin	all

**Competitors should bring their own implements to be used at Meet.*