

NITRO TRACK CLUB

8TH ANNUAL TRACK MEET **APRIL 22, 2023**

Location: Desoto High School *Eagles Stadium*

600 Eagle Dr. Desoto, TX 75115

REGISTRATION: Gates Open at **6:30AM**

Fee: **\$10** per Athlete / **\$10** Spectators / Coaches free with current membership

Time: Coaches Meeting starts at **8AM**

Running events start at **8:30AM**

Field events start at **8:30AM**

One Session Meet on A Rolling ScheduleFIELD EVENTS WILL START ON TIME NO EXCEPTION****

FIELD EVENTS-8 and under thru 18 years old

Discuss: 17-18, 15-16, 13-14, 11-12

Shot Put:9-10, 11-12, 13-14, 15-16, 17-18

Long Jump: 17-18, 15-16, 13-14, 11-12, 9-10, 8 and under

Triple Jump: 13-14, 15-16, 17-18

High Jump: 9-10, 11-12, 13-14, 15-16

*FIELD EVENTS FOR 12 AND YOUNGER WILL BE A 3 JUMP/THROW FINAL

*FIELD EVENTS FOR 13 AND OLDER WILL BE A 4 JUMP/THROW FINAL

ORDER OF RUNNING EVENTS

1500M: Race Walk 9-10 and 11-12

3000M Run: 11-12, 13-14, 15-16, 17-18

80/100/110 Hurdles: 11-12, 13=14, 15-16, 17-18

Munchkin 50m Dash: 6 and under

100m Dash: 7-8, 9-10, 11-12, 13-14, 15-16, 17-18

800m Dash: 7-8, 9-10, 11-12, 13-14, 15-16, 17-18

4x100m Relay: 7-8, 9-10, 11-12, 13-14, 15-16, 17-18

4x100m Relay: Parents / Coaches

400m Dash: 7-8, 9-10, 11-12, 13-14, 15-16, 17-18

200m Dash: 7-8, 9-10, 11-12, 13-14, 15-16, 17-18

1500m Run: 7-8, 9-10, 11-12, 13-14, 15-16, 17-18

4x400m Relay: 7-8, 9-10, 11-12, 13-14, 15-16, 17-18

**BLOCKS CAN BE USED AT AGE 12 AND UP

*TENT SETUP AVAILABLE FRIDAY, APRIL 21, 2023, FROM 4:00PM TO 6:00PM

- This event is licensed by the Amateur Athletics 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 **Youth** Athletes membership must be obtained before the competition begins, except where the event operator has a laptop with an internet connection.
Be Prepared: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at an event. Due to background screenings, please allow up to 10 days for adult memberships to be processed.
- Participants are encouraged to visit the AAU website www.aasports.org to obtain their membership.

FOR ADDITIONAL INFO:

PLEASE CONTACT: COACH BOOKER AT 972-804-5479 or COACH BYRON AT 214-535-3266

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