

DC Sports Track Summer Sizzler Meet

Divisions: All Age Divisions for GIRLS and Boys based on Birthdate on Dec 31		
6U – 6 and under (2015)	11 G/B – 11 years old (2010)	15-16 G/B – (2005-2006)
8U – 8 and under (2013)	12 G/B – 12 years ole (2009)	
9 G/B – 9 years old (2012)	13 G/B – 13 years old (2008)	17-18 G/B – (2003-2004) *
10 G/B – 10 years old (2011)	14 G/B – 14 years old (2007)	

COVID PROTOCOL

- If you and anyone in your household have tested positive for COVID DO NOT COME TO THIS MEET.
 - No parents, coaches, or athletes are allowed who are experiencing any of the following symptoms: fever, cough, shortness of breath, fatigue, chills, muscle ache, sore throat, loss of taste or smell, or diarrhea.
 - You will be asked a brief series of screening questions when purchasing entry to the meet. You have the right NOT to answer, as we have the right NOT to let you gain admittance.
 - ALL SPECTATORS must wear a mask at all times. Mask must cover nose and mouth. Violators will receive one warning and be asked to leave the venue upon second violation if they fail to comply at the discretion of Facility officials, law enforcement, and/or Meet Director.
 - Teams should bring hand sanitizer for their athletes. Hand sanitizer will also be available throughout the venue. Use is highly encouraged.
 - Parent/Spectator seating will be available in the home and visitor bleachers. Families and groups may sit together but must maintain 6-10 feet social distancing from any other spectator or group.
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- Gate opens at 7:00 a.m. for athlete/coach credential pick-up & ticket sales. Entry fee: \$10 for athletes, coaches, spectators
 - Only athletes and credentialed coaches allowed on the track and infield. Parents and spectators MUST remain in the stands or around the outside gates of field events or risk athlete/team disqualification.
 - Coaches' bands: Each team will be given two coaches bands. Bands allow access onto the infield and designated coach areas for field events. Additional bands may be purchased for \$20.
 - Individuals entering the stadium for tent set-up MUST have a paid admission or DC Sports athlete/coach/volunteer credentials. NO EXCEPTIONS
 - TENTS: Are allowed in designated areas on the ground with at least 25 feet distance between teams. Only one tent per teams allowed IN STANDS in limited and designated areas on the home field (press box) side of the stadium. Meet officials may adjust at their discretion.
 - Absolutely NO WARMING UP, ENTRY, OR PRESENCE on any of the baseball/softball fields.
 - Meet will be on a rolling schedule, timed finals. Events may start earlier based on previous event completion. Please listen for announcements.
 - Medals will be awarded to the Top 3 finishers in each age group/event
 - Throwers are encouraged to bring their own implements for check in.
 - Field events for 8U – 10U will have a 3 jump/throw final.
 - Field events for 12U – 18U will have a 4 jump/throw final.

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, except where the event operator has a laptop available with an internet connection. BE PREPARED: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at the event. Please allow up to 10 days for memberships to be processed. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.

William Cummings, Director- Administration & Coach 214-649-5208	Troy Marsh, Director – Operations & Coach 972-689-4069
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Email: Track_info@dcsportsdfw.com

DC Sports Track Summer Sizzler Meet

Saturday, May 29, 2021

Parish Episcopal School * Gloria H. Snyder Stadium * 4101 Sigma Road * Dallas TX 75244

8:00AM		Schedule of Field Events (All times approximate)
Shot Put		8UG, 8UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B
Discuss		17-18G, 17-18B, 15-16G, 15-16B, 14G, 14B, 13G, 13B, 12G, 12B, 11G, 11B
Long Jump	Pit 1	8UG, 8UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B
High Jump	Mat 1	17-18G, 17-18B, 15-16G, 15-16B, 14G, 14B, 13G, 13B, 12G, 12B, 11G, 11B 10G, 10B, 9G, 9B

8:00 AM		Schedule of Running Events (All times approximate)
3200M		14UG, 14UB, 16UG, 16UB, 18UG, 18UB (Age and/or gender divisions may be combined)
9:00 AM		
50M Dash		50M – 6UG, 8UG (Home side)
		Hurdles <i>(With the exception of 200MH & 400MH, which will occur later.)</i>
80M Hurdles (8 @ 30")		11G, 11B, 12G, 12B
100M Hurdles (10 @ 30")		13G, 14G,
100M Hurdles (10 @ 33")		13B, 14B, 15-16G, 17-18G
110M Hurdles (10 @ 39")		15-16B, 17-18B
100M Dash		6UG, 6UB, 8UG, 8UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B
800M Run		8UG, 8UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B
4 X 100M Relay		8UG, 8UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B
400M Dash		8UG, 8UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B
200M Hurdles (30")		13G, 13B, 14G, 14B
400M Hurdles (30")		15-16G, 17-18G, (HS)
400M Hurdles (36")		15-16B, 17-18B
200M Dash		8UG, 8UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B
1500M Run		8UG, 8UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B
4 X 400M Relay		9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B
Thank you for your attendance, participation and support!		

*Special thanks to Parish Episcopal School and staff for their generosity in the use of their wonderful facility.
For information about the school, please visit <http://www.parisepiscopal.org>.*