

DC Sports Track Summer Sizzler Meet



Divisions: All Age Divisions for GIRLS and Boys based on Birthdate on Dec 31		
6U – 6 and under (2017)	11 G/B – 11 years old (2012)	15-16 G/B – (2007-2008)
8U – 8 and under (2015)	12 G/B – 12 years old (2011)	
9 G/B – 9 years old (2014)	13 G/B – 13 years old (2010)	17-18 G/B – (2005-2006) *
10 G/B – 10 years old (2013)	14 G/B – 14 years old (2009)	

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.
 - **Based on the latest CDC guidelines, if you are fully vaccinated you are not required to wear a mask, but you are encouraged to practice social distancing when possible.**
 - ALL SPECTATORS not fully vaccinated or with compromised immune systems are highly encouraged to wear a mask at all times. Mask must cover nose and mouth.
 - Parent/Spectator seating will be available in the home and visitor bleachers. Families and groups may sit together and encouraged to practice social distancing from any other spectator or group.
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- **DO NOT, UNDER ANY CIRCUMSTANCES, CONTACT PARISH EPISCOPAL SCHOOL ABOUT MEET ENTRY**
 - Gate opens at 7:00 a.m. for athlete/coach credential pick-up & ticket sales. Entry fee: \$10 for athletes, coaches, and 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. Tents are allowed in stands in designated areas but should be no wider than 4 rows across and deep. Space in the stands is limited. 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 – 12U will have a 3 jump/throw final.
 - Field events for 13U – 18U will have a 4 jump/throw final.
 - **AGAIN - DO NOT, UNDER ANY CIRCUMSTANCES, CONTACT PARISH EPISCOPAL SCHOOL ABOUT MEET ENTRY**

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.

Troy Marsh, Director – Operations & Coach
972-689-4069

Register: <https://bit.ly/DCSTFSummerszlr> Email: Track_info@dcsportsdfw.com
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DC Sports Track Summer Sizzler Meet

Saturday, June 17, 2023 * Parish Episcopal School * Gloria H. Snyder Stadium * 4101 Sigma Road * Dallas TX 75244

Schedule of Field Events (All times approximate)		
8:00AM		
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 - G	Pit 2	8UG, 9G, 10G, 11G, 12G, 13G, 14G, 15-16G, 17-18G
Long Jump - B	Pit 3	8UB, 9B, 10B, 11B, 12B, 13B, 14B, 15-16B, 17-18B
Triple Jump	Pit 1	17-18G, 17-18B, 15-16B, 14G, 14B, 13G, 13B,
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 Run		11G, 11B, 12G, 12B, 13G, 13B, 14UG, 14UB, 16UG, 16UB, 18UG, 18UB (Age and/or gender divisions may be combined)
9:00 AM		12 and Under Athletes Morning Session
50M Dash		6UG, 8UG, 6UB, 8UB
400M Dash		8UG, 8UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B
100M Dash		6UG, 6UB, 8UG, 8UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B
800M Run		8UG, 8UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B
200M Dash		6UG, 6UB, 8UG, 8UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B,
4 X 400M Relay (12 & under)		8UG, 8UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B
Break and Hurdle Set-up		
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
1500M Run (12 and under)		8UG, 8UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B - (Age and/or gender divisions may be combined)
13U – 18U Athletes Afternoon Session		
100M Dash		13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B
800M Run		13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B
4 X 100M Relay		13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B
400M Dash		13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B
Break and Hurdle Set-up		
200M Hurdles (30")		13G, 13B, 14G, 14B
400M Hurdles (30")		15-16G, 17-18G, (HS)
400M Hurdles (36")		15-16B, 17-18B
200M Dash		13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B
1500M Run (13 and over)		13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B
4 X 400M Relay		13G, 13B, 14G, 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.parishepiscopal.org>.

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