



Mainland Jaguars Track Meet

May 6, 2023

Bulldog Stadium (Hitchcock High School)

6625 FM 2004

Hitchcock, TX 77563

Meet Contact: Cheryl Thompson-Harris (713-894-8344)

Email: mainlandjaguarstc@gmail.com

Time: Gates Open at 6:30 am and events will begin at 8:00 am promptly

Coaches Meeting: 7:30 am

Registration: All registration will go through Coach O (www.coacho.com). Athlete entry fees will be \$12.

Packet Pickup: Early pickup will be Friday, May 5th at 5:30 pm to 6:30 pm at Bulldog Stadium. 5 coaches bands will be provided complementary for each team. Each coaches band after that will be \$10. Lost wristbands or bibs will be at each individual teams' expense (Wristbands \$5 & bibs \$10).

Admission: Spectators tickets can be purchased at the gate via cash app (\$MainlandJaguar) or cash, or online at _____ . Spectator entry fees are \$10.

Awards: Medals will be awarded for places 1st through 3rd place. Ribbons will be awarded to places 4th through 6th place.

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 Youth Athlete membership must be obtained before the competition begins except who the event operator has a laptop available with 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.aausports.org to obtain their membership

Events Order (Rolling Schedule)

Running Events (8:00 AM)

	<u>Age Group</u>
3000M	11 & Up
100M *	All
800M	8 & Under to 12
80H	11 & 12
100H	13/14 B&G, 15 – 18 Girls
110H	15/16 & 17/18 Boys
400M	13 & Up
4x100 Relay	All
200M	8 & Under to 12
1500	13 & Up
4x400 Relay	8 & Under to 12
1 st Annual Coach Benfield 4x400 Mixed Relay **	13/14, 15/16, 17/18

Field Events (8:00 AM)

High Jump	9 & Up
Long Jump	All
Shot Put	All
Turbo Javelin	8 & Under to 12
Discus	11 & Up

*To be ran on both sides of the track. 12 & under to be hand timed and 13 & up to be ran FAT.

** The mixed relay will consist of 2 boys and 2 girls from the age groups to run the relay.