



Plainfield Tsunami Youth Invitational

Hub Stine Complex
1325 Randolph Rd, Plainfield, NJ
May 19th, 2019
Start Time 9:00AM

Order of Events

Running Events:

4 x 100M RELAY (All Divisions)
3000M (11-12 & up)
200H (13-14)
400H (15-16, 17-18)
50M (5-6)
100M (All Divisions)
2018 Wall of Fame Ceremony
1500M (All Divisions)
300M (5-6)
400M (All Divisions)
Parents/Coaches 'Ben-Gay' Relay
Women's Relay – Must have 4 MOMS
Men's Relay – Must have 4 DADS
Coaches Relay – Can be mixed with coaches
80H (11-12)
100H (13-14, 15-16, 17-18)
110H (15-16, 17-18)
800M (All Divisions)
150M (5-6)
200M (All Divisions)
4 x 400M RELAY (All Divisions)
Registration: www.CoachO.com
Registration Fee: **\$8.00 per event; \$28.00 per relay**
Registration Deadline: **11:59 PM, Thursday, May 16th, 2019**
Awards: **Medals for 1st – 3rd places, Ribbons 3rd-6th**
Contact: shellydshell@hotmail.com

Field Events:

TURBO JAV (7-8, 9-10, 11-12) **
JAVELIN (13-14 & up) ** #
SHOT PUT (All Divisions; except 5-6) **
DISCUS (11-12 & up) **
HIGH JUMP (All Divisions; except 8 & under)
LONG JUMP (All Divisions; except 5-6)
TRIPLE JUMP (11-12 & up)

****All athletes must provide their own implements!**
Rubber Tipped Javelins Only!

This event is sanctioned 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 connect.

Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership