

***Grand Rapids Track Club
Grand Rapids F.I.R.E. Program***

Presents

**12th Annual Grand Rapids Invitational
Youth Track and Field Meet**

***July 8, 2023
Grand Rapids, MI***



DATE: July 8, 2023

LOCATION: Houseman Field
150 Houseman Ave. NE, Grand Rapids, MI 49503
All weather surface – 8 lanes
Parking and Restrooms Available
Track spikes ¼” pyramid or less

HOSTS: Dan Ebright, 616-608-2209(cell), grtcdebright@yahoo.com
Yamaka Bracey, 616-828-7705, yamakabracey@gmail.com

ENTRY DEADLINE: Online Registration Deadline – 9:00 P.M., Thursday, July 6, 2023
Register online at: <http://coacho.com/main/onlineentry/index.html>

FEE: \$15 per athlete (non-refundable). \$25 day of the meet

AGE: 8 & u,9-10,11-12,13-14,15-16,17-18 (age as of 12/31/22) – No subdivisions will be run.

TIME: Gates Open at 8:00 A.M.
Field Events will begin at 9:00 A.M. and Running Events at 10:00 A.M.

AWARDS: Medals 1st- 3rd for each division

ORDER OF EVENTS: See attached schedule

- 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.

BE PREPARED! Adult and Non Athlete memberships are no longer instant and cannot be applied for at event. Please allow at least 10 days for membership to be processed. Participants are encouraged to visit the AAU website www.aausports.org to obtain membership.

ORDER OF EVENTS

Packet Pick-Up: 8:00am to 9:00am
Coaches Meeting: 8:30am
STARTING TIME: 9:00 am – 3000m
9:00 am - Field Events
10:00 am – Other Running Events

WE WILL START ON TIME!

All events are timed finals, so make sure you enter seed times for your runners from meets run this summer. All events are FAT timed. **MICHIANA TIMING WILL BE RETURNING TO TIME THIS YEAR'S EVENT, WHICH INCLUDES LIVE RESULTS THROUGHOUT THE MEET at fatresults.com**

ORDER OF EVENTS

AGE GROUP

3000m (at 9:00 AM)

11-18

Starting at 10:00 – Rolling schedule

80mH/100mH/110mH

11-18

100m

all

1500m run

all

4 x 100m relay

all

400m dash

all

1500m racewalk

all

200mh/400mh

13-18

800m

all

200m

all

4 x 400m relay

all

FIELD EVENTS (Starting at 9:00 AM)

4 attempts/throws – no finals

Long jump

all

Shot put

all

Discus

13-18

High jump

9-18

**Competitors should bring their own implements to be used at Meet.*