# **2023 ANNUAL TRACK AND FIELD MEET**



**May 13, 2023 MEET DIRECTOR** Tyrone Cross 281-886-2029/832-457-5733

ATHLETE ADMISSION: \$12.00 PRE-REGISTER ON COACH O ONLY DEADLINE: TUESDAY MAY 9, 2023, AT MIDNIGHT! (CC PROCESSING FEES INCLUDED).ATHLETES AND SPECATORS.

Awards 1<sup>st</sup> to 6th <sup>place</sup> Medals FAT-Timing (except 100m-(8-12) SPECTATOR ADMISSION: \$12.00 ONLINE REGISTRATION ONLY ON COACH O. AAU REGISTERED COACHES FREE BASED ON # OF ATHLETES. 1 BAND PER TEN ATHLETES. MAX 20.UNATTACHED MUST BE A REGISTERED AAU COACH ( CC PROCESSING FEES INCLUDED). (NON- COMPETING) KIDS 4 AND UNDER FREE

## **SCHEDULE OF EVENTS**

6:45 am – GATES Open 7:00 am – Coaches Meeting 7:00 am – Concessions Open

#### RUNNING EVENTS (START TIME 7:30 AM) Meet Template A

1500M/3000Race WalkSub-Bantam & Up
200 meter HurdlesSub-youth &Youth
400 Meter HurdlesIntermediate &Up
100m DashAll (Both Sides) (13-18 FAT)
800m DashSub Youth & Up
50m DashMunchkin (5 & under)

### Long Jump-----ALL (Oldest to Youngest)

FIELD EVENTS (START TIME 8:00 AM)

Shot Put-----All

#### **30** MINUTE BREAK

400m Dash	Primary to Midget
4x100m Relay	All
200m Dash	Sub-Youth and Up
1500m Run	All
4x400m Relay	Bantam & UP

The Amateur Athletic Union of the U.S., Inc., licenses this event

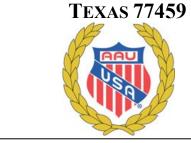
• AAU membership may not be included as part of the entry fee to the event.

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 membership to be processed.

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

\*Only relay teams with current AAU team membership for all athletes will be allowed participate in the meet relays.. \*Meet pre-registration through Coach O Only. No refunds or exchanges after the deadline for early registration. Registration deadline: Wednesday May 10, 2023 12:00 Midnight. No walk ups, No Late Entries, No Refunds. No Exceptions per AAU Management. All coaches must be registered AAU Members.

MEET LOCATION: HALL STADIUM 3333 Hurricane Ln. Missouri City



<sup>•</sup> All participants must have a current AAU membership.