

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 1st to 6th place
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 Walk-----Sub-Bantam & Up
200 meter Hurdles-----Sub-youth & Youth
400 Meter Hurdles-----Intermediate & Up
100m Dash-----All (Both Sides) (13-18 FAT)
800m Dash-----Sub Youth & Up
50m Dash-----Munchkin (5 & under)

30 MINUTE BREAK

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

FIELD EVENTS (START TIME 8:00 AM)

Long Jump-----ALL (Oldest to Youngest)
Shot Put-----All

**MEET LOCATION: HALL STADIUM
3333 HURRICANE LN. MISSOURI CITY
TEXAS 77459**



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

- 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 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.**