



Plainfield Tsunami Youth Invitational

Hub Stine Complex
1410 Randolph Rd, Plainfield, NJ
May 21th, 2023
Start Time 9:00AM

Order of Events

Running Events:

3000M (11-12 & Up)
200H (13-14)
400H (15-16 & 17-18)
4x 100M RELAY (7-8 & Up)
300M (5-6)
400M (7-8 & Up)
1500M (7-8 & Up)
50M (5-6)
100M (7-8 & Up)
80H (11-12)
100H (13-14 & Up)
110H (15-16 & 17-18)

2023 Wall of Fame Ceremony

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

800M (7-8 & Up)

150M (5-6)

200M (7-8 & Up)

MIXED 4 x 400M RELAY (7-8 & Up)* Must be two girls & two boys**

Field Events:

TURBO JAV (7-8, 9-10, 11-12) **
JAVELIN (13-14 & up) ** #
SHOT PUT (7-8 & Up) **
DISCUS (11-12 & up) **
HIGH JUMP (9-10 & Up)
LONG JUMP (7-8 & Up)
TRIPLE JUMP (11-12 & up)

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

Registration: www.CoachO.com

Registration Fee: \$9.00 per event; \$32.00 per relay

Registration Deadline: 11:59 PM, Thursday, May 18th, 2023

Awards: 1st – 6th places

Contact: kevtturner61@gmail.com

**PARKING AVAILABLE ACROSS THE STREET AT 1280 RANDOLPH RD. IN THE
MULHENBURG MEDICAL PLAZA**

- 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 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 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.