



## Running With The Stars



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### INFORMATION

**Meet Directors:** Coach Aaron & Coach Saralyn  
**Event date:** Saturday, May 22, 2021  
**Location:** Seaman High School 4850 NW Rochester Rd. Topeka KS 66617  
**Gates:** Open at 7:30am  
**Registration:** [www.coacho.com](http://www.coacho.com); Registration closes Wednesday, May 19, 2021, at 11:59pm; Online Fees: \$20 Per Athlete.

### GATE ADMISSIONS

**Athletes:** Wristbands provided with entry and must always be worn the duration of the meet, **AAU Card NOT Required!**  
**Coaches:** \$5 entry unless current AAU Coaching Card is shown.  
**Entry Fee:** Adults \$5, ages 5-under free wristbands provided with entry and must always be worn for free entry into the meet.

### EVENT EXPECTATIONS

**Race Ready:** Come to the heating tent race ready. **NO PARENTS!**  
**Running/Field Events:** Girls followed by boys, youngest to oldest EXCEPT High Jump. If an athlete needs to leave a field event for a running event, please check out before doing so.  
**Field Events:** 3 attempts with NO Finals, EXCEPT High Jump.  
**Awards:** Top 3 events in each individual and relay event will receive a medal. **NO RIBBONS!**

### START TIMES

#### Running Events: 8:30 am

3000m Run: 13 14 15-16 17-18  
80m Hurdles 11 12  
100m Hurdles 13 14 15-16 17-18  
1500m Run: 8 & Under 9 10 11 12 13 14 15-16 17-18  
400m Dash Finals: 8 & Under 9 10 11 12 13 14 15-16 17-18  
200m Hurdles 13+14 15+16 17+18  
100m Dash: 5 & under (Pee Wee)  
100m Dash Finals: 8 & Under 9 10 11 12 13 14 15-16 17-18  
4x100m Relay: 8 & Under 9-10 11-12 13-14 15-16 17-18  
800m Run: 8 & Under 9 10 11 12 13 14 15-16 17-18  
200m Run: 8 & Under 9 10 11 12 13 14 15-16 17-18  
4x400m Relay: 8 & Under 9+10 11+12 13+14 15+16 17+18

#### Missouri Valley Timing Systems!!!

**LIVE RESULTS @ [athletic.live](http://athletic.live)**

#### Field Events: 8:00am

Long Jump: 8 & Under 9 10 11 12 13 14 15-16 17-18  
Triple Jump: 13 14 15-16 17-18  
Shot Put: 8 & Under 9 10 11 12 13 14 15-16 17-18  
Discus Throw: 11 12 13 14 15-16 17-18  
High Jump: 9 10 11 12 13 14 15-16 17-18  
Turbo Javelin: 8 & Under 9 10 11 12  
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### \*PLEASE NOTE\*

**Coaches Check in:** 7:00 am – 8:00 am; Coaches Meeting: 8:30 am-8:45 am; running events will run with girls followed by boys (rolling schedule); some field and running events may be combined (Girl/Boys); some events may consist of combined age groups if there are less than (8) athletes entered in the event (age group).

**Weather:** The meet will only be cancelled in the event of continued inclement weather, which would jeopardize the safety of the participants (lightning, hail, heavy rain). In all other cases of inclement weather, delays in the meet may occur.

**Concession stand with food/drinks will be available for this meet**

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.

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](http://www.aausports.org) to obtain their membership.

