





Lancaster High School 200 E Wintergreen Rd Lancaster TX Gates Open at 6am \$10 Admission Per Athlete/Per Person



>>>	TRACK EVENTS BEGIN AT 8AM
1500m Race walk	Ages: 9-12
3000m Run	Ages: 11-12, 13-14, 15-16, 17-18
110/100/80 Hurdles	All Divisions Staring with 110 hurdles (Home Side)
50m Munchkin Run	Ages: 5 and under (Visitor Side)
100m Dash	All Divisions (Visitor Side)
800m Dash	All Divisions
4x100m Relay	All Divisions
400m Run	14 and up (only)
200m Dash	Ages: 12 and under (only)
200m Hurdles	Ages: 13-14
400m Hurdles	Ages: 15-16, 17-18
1500m Run	Ages: 9-10, 11-12, 13-14, 15-16, 17-18
4x400m Relay	All Divisions
>>>	FIELD EVENTS BEGIN AT 9AM
Discus	Ages: 11-12, 13-14, 15-16, 17-18
Turbo Javelin	Ages: (8 and under), 9-10, 11-12
Shot Put	Ages: 9-10, 11-12, 13-14, 15-16, 17-18
Long Jump	Ages: (8 and under), 9-10, 11-12, 13-14, 15-16, 17-18
Triple Jump	Ages: 13-14, 15-16, 17-18
High Jump	Ages: 9-10, 11-12, 13-14, 15-16, 17-18

MEET RULES: All Events will be on a rolling schedule. Track Events begin at 8am. Field events will begin PROMPTLY at 9am. Note, field events for Primary through Midget will be a three jump/throw final. Field events for Youth through Young Women/Men will be a three jumps/throws final. All USA Track and Field rules will be in effect for this meet. Participants must have an armband to compete. 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 except where the event operator has a laptop available with an internet connection. Participants are encouraged to visit the AAU website <a href="https://www.aausports.org">www.aausports.org</a> to obtain their membership. ALL Coaches will be admitted FREE with USATF Card. Medals will be awarded to the three finishers in each event. For additional information, please contact Coach Bobby Johnson @ 817-602-9552.