



Date: Saturday, May 13, 2023
Time: 6:30 am Gates Open | **7:00am** Coaches Meeting
8 am Running Events (rolling schedule)
Entry Fee: \$20 Athletes
 Complimentary Coaches band in packet, Additional available for purchase
Admission \$10 per person (3 and under free)
Location: Allen D. Nease H.S, 10550 Ray Road, Ponte Vedra, FL
 Bernie Blue, Meet Director
Note: Coaches and Spectators will not be allowed on the field
Live Results Available at: gunlaprunning.com

Schedule of Events

Running Events 8:00am	Field Events 7:30am
1500m (11 & Up)	Long Jump (5 & Older)
40m Hurdles (7-8)	
60m Hurdles (9-10)	High Jump (9 & Older)
80m Hurdles (11 & 12 Girls/Boys)	
100m Hurdles (13-14, 15-16, 17-18 Girls, 13-14 Boys)	Turbo Javelin (7-12)
110m Hurdles (15-16 and 17-18 Boys)	
200m Hurdles (13-14 Girls/Boys)	Shot Put (7 & Older)
100m Dash (7-8 thru 17-18)	
*4x800 Relay (9-10 thru 17-18) mixed sex relay	Discus (11 & Older)
4x100m Relay (7-8 thru 17-18)	
60m (6 and under)	
400m Dash (7-8 thru 17-18)	
200m (5-6 and 7-8)	
*Sprint Medley (100-100-200-400) 9-10 thru 17-18 mixed sex relay	
Coaches Relay – Mixed Teams 2 Males-2 Females	
4x400m Relay (7-8 thru 17-18)	



Sponsored by



Concession available!

Double age divisions will compete.

Age division is based on athlete's age as of **December 31, 2023**

DIVISION	2023
5 & 6	2018 & 2017
7 & 8	2016 & 2015
9 & 10 Year Old	2014 & 2013
11 & 12 Year Old	2012 & 2011
13 & 14 Year Old	2010 & 2009
15-16 Year Old	2008 - 2007
17-18 Year Old	2006 - 2005

Awards: 1st, 2nd, 3rd Place Medal – Medals will be given out in single age groups

Check in: All participants in running events must report to clerk of the course at first call and no later than second call. Field event participants must report directly to the official in charge of the event, when called.

Results: Live results available by Gunlap Running. Official meet results will be posted at www.coachO.com within 48 hours following the 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 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 event. Please allow 10 days for membership to be processed. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.