



GULF TUNE UP MEET

DATE: Friday, July 21, 2023
MEET LOCATION: Pearland High School, The Rig, 3775 S. Main St Pearland, TX 77581
START TIME: 4:00 pm (Rolling Schedule)
Gates Open: 3:00 pm (Home Only) Check in: 3:30pm
MEET HOSTS **Director:** Edmond Ewing (843) 437-1436
Meet Coordinators: Elbert Sharp, Andrea Clay, Nicey Harris (info@gulfaautf.com)

SCHEDULE

Running Events

800 Meter	All
80/100 Hurdles	All
100 Meter	All
400 Meter Dash	All
4x100 Relay	All
1500 Meter	All
200 Meters	All

Field Events

Long Jump	All (youngest to oldest)
Shotput	All (youngest to oldest)
Discus	11Yrs & up (oldest to youngest)

REGISTRATION: Athlete registration is only through Coach O (www.coachoregistration.com)

All fees must be paid in advance through CoachO. **No refunds.**

No athlete registration at the gate

EVENT MAX Three (3) Individual Events (All)

ENTRY DEADLINE: Registration closes **Wednesday, July 19, 2023, 11:59pm**

ATHLETE ENTRY FEE: \$10.00

SPECTATORS ENTRY: \$10.00 (CC processing fees included)

Spectator Link: www.gulfaautf.com/box-office

Children 5 and under free

UNATTACHED ATHLETES: Unattached athletes must register through CoachO.

COACHES BANDS Five free coaches band

PACKET PICKUP: Onsite the day of the meet.

Teams/Unattached athletes can pick up their packets at designated tables.

FAT/LIVE RESULTS: Hand timed

AWARDS: NONE

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 No 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.ausports.org to obtain their membership