

GREATER HOUSTON RELAYS

Cougar Country Stadium

MAY 27-28, 2023

Gates open at 6:30

Coaches meeting 7:30

First Event Start at 8am

\$15 Athlete

\$12 Spectators per day

AWARDS
TOP 8 GH MEDALS
LARGER THAN JUNIOR
OLYMPIC MEDALS

DAY 1

5/27/2023

4x2 8-12
3000 11-12
80mh 11-12
400 5/6-12
Munchkin race 3-4
Coaches/Parents 50m dash
100m 5/6-12
800 8-12
4x1 5/6-12
1500 8-12
4x4 8-12

Field Events

Long Jump 13-18
Triple Jump 13-18
Shot Put 13-18
Discus 13-18
High Jump 13-18

DAY 2

5/28/2023

3000 13-18
100mh 13-14
110h 15-18
100m 13-18
400 13-18
4x1 13-18
800 13-18
400mh 15-18
200 13-18
1500 13-18
4x4 13-18

Field Events

High Jump 9-12
Turbo Javelin 8-12
Shot put 8-12
Long Jump 5/6-12
Disc 11-12



2 FAT Systems

Running with the wind

Wind gauge

4 Cameras

Certified Officials

for more info:

Meet Director: Coach CJ

meet@ghtrack.org

281-406-0161

<https://ghtrack.org/ghrelays>

Cougar Country Stadium

13620 Zion Road

Tomball, TX 77375

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.aasports.org to obtain their membership

FULLY AUTOMATIC TIMING

