

# **G. P. FLASH 3<sup>RD</sup> ANNUAL TRACK & FIELD MEET**

**Saturday, June 8, 2013**  
DeSoto High School Stadium  
700 Eagle Drive, DeSoto, TX 75115

## **MEET RULES**

- ALL EVENTS WILL BE ON A ROLLING SCHEDULE
- ALL USA TRACK AND FIELD RULES WILL BE IN EFFECT FOR THIS MEET
- LEVEL 1 – LEVEL 3 DIVISIONS MAY COMPETE IN A MAXIMUM OF 3 EVENTS
- LEVEL 4 – LEVEL 6 DIVISIONS MAY COMPETE IN A MAXIMUM OF 4 EVENTS
- PARTICIPANTS MUST HAVE AN WRISTBAND TO COMPETE
- COACHES WILL BE ASKED TO HELP AS NEEDED
- ALL COACHES WILL BE ADMITTED FREE WITH USATF OR AAU CARD

## **FEES AND AWARDS**

- ENTRY FEE IS \$5 PER ATHLETE
- GENERAL ADMISSION IS \$5 PER PERSON, UNDER 4 FREE
- MEDALS WILL BE AWARDED TO THE TOP THREE FINISHERS IN EACH EVENT
- ALL OTHER LEVEL 1 PARTICIPANTS WILL BE AWARDED PARTICIPATION RIBBONS

## **AGE DIVISION**

Level 1- Ages 8 and under	formally known as...
Level 2- Ages 9 and 10	PRIMARY
Level 3- Ages 11 and 12	BANTAM
Level 4- Ages 13 and 14	MIDGET
Level 5- Ages 15 and 16	YOUTH
Level 6- Ages 17 and 18	INTERMEDIATE
	YOUNG

## **DIRECTIONS**

**FROM DALLAS:** TAKE I-20 W OR I-20 E TO WHEATLAND/HAMPTON ROAD EXIT, SOUTH ON HAMPTON ROAD TO EAGLE DRIVE, RIGHT ON EAGLE DRIVE, STADIUM ON THE LEFT HAND SIDE.

**FROM FT WORTH/ARLINGTON :** TAKE I-20 E. TO WHEATLAND/HAMPTON ROAD EXIT, SOUTH ON HAMPTON ROAD TO EAGLE DRIVE, RIGHT ON EAGLE DRIVE, STADIUM ON THE LEFT HAND SIDE.



Supported By-

"A Prize Giveaway every Hour!" (8 a.m. to ending time)

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Entry fee is \$5 per person/athlete. Under 4 free  
Registration begins @ 6:00a.m.

**Field Events will begin @ 8:00 a.m.**  
**Level 1 - 6**

<b>Discus</b>	6M,6W,5B,5G,4B,4G,3B,3G
<b>Shot Put</b>	2G,2B,3G,3B,4G,4B,5G,5B,6W,6M
<b>Long Jump</b>	6M,6W,5B,5G,4G,4B,3G,3B,2G,2B,1G,2B
<b>Triple Jump</b>	4G,4B,5B,6G,7M,7W
<b>High Jump</b>	2G,2B,3G,3B,4G,4B,5G,5B,6M,6W
<b>Pole Vault</b>	4G,4B,5G,5B,6W,6M

Field Events for Level 1-3 will be a 3 jump/throw final.

Field Events for Level 4-6 will be a 4 jump/throw

**Morning Session begins @ 7:30A.M.**  
**Level 1 Girls/Boys – Level 3 Girls/Boys**

<b>1500m Racewalk</b>	2G,2B,3G,3B
<b>3000m Run</b>	3G,3B,4G,4B,5G,5B,6W,6M
<b>4 X100m Relay</b>	1G,1B,2G,2B,3G,3B
<b>800m Dash</b>	1G,1B,2G,2B,3G,3B
<b>80m Hurdles</b>	3G,3B
<b>100m Dash</b>	1G,1B,2G,2B,3G,3B
<b>400m Dash</b>	1G,1B,2G,2B,3G,3B
<b>200m Dash</b>	1G,1B,2G,2B,3G,3B
<b>1500m Run</b>	2G,2B,3G,3B
<b>4 x 400m Relay</b>	1G,1B,2G,2B,3G,3B

**AFTERNOON SESSION begins @ 2:30P.M.**  
**Level 4 Girls/Boys – Level 6 Women/Men**

<b>4 x 100m Relay</b>	4G,4B,5G,5B,6W,6M
<b>800m Dash</b>	4G,4B,5G,5B,6W,6M
<b>100m Hurdles</b>	4G,5G,6W
<b>110m Hurdles</b>	4B,5B,6M
<b>100m Dash</b>	4G,4B,5G,5B,6W,6M
<b>400m Dash</b>	4G,4B,5G,5B,6W,6M
<b>200m Hurdles</b>	4G,4B
<b>400m Hurdles</b>	5G,5B,6W,6M
<b>200m Dash</b>	4G,4B,5G,5B,6W,6M
<b>1500m Run</b>	4G,4B,5G,5B,6W,6M
<b>4 x 400m Relay</b>	4G,4B,5G,5B,6W,6M

*Thanks for supporting G. P. Flash!*

For More Information:  
email [grandprairiefly@sbcbglobal.net](mailto:grandprairiefly@sbcbglobal.net) or call Coach Reggie Davis @ 214-695-6473