

G. P. FLASH 3RD ANNUAL TRACK & FIELD MEET

Saturday, April 21, 2012

Trinity Christian School

1313 East Pleasant Run Rd. Cedar Hill, Tx 75104

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

Field Events will begin @ 8:00 a.m. & will start on time (No Exceptions)

Discus	YW, YM, IG, IB, YG, YB, MG, MB, BG, BB
Shot Put	BG, BB, MG, MB, YG, YB, IG, IB, YW, YM
Long Jump	YM, YW, IB, IG, YB, YG, MB, MG, BB, BG, PB, PG
Triple Jump	YG, YB, IB, IG, YM, YB
High Jump	MG, MB, YG, YB, IG, IB, YW, YM
Pole Vault	YG, YB, IG, IB, YW, YM

Field Events for Primary through Midget will be a 3 jump/throw final.

Field Events for Young through Young Women/Men will be a 4 jump/throw

Morning Session begins @ 7:30A.M.

1500 m Racewalk	BG, BB, MG, MB, YG, YB, IG, IB, YW, YM
3000 Run	MG, MB, YG, YB, IG, IB, YW, YM
5000 Run	YM
4 X100m Relay	PG, PB, BG, BB, MG, MB
800m Dash	PG, PB, BG, BB, MG, MB
80m Hurdles	MG, MB
100m Dash	PG, PB, BG, BB, MG, MB
400m Dash	PG, PB, BG, BB, MG, MB
200m Dash	PG, PB, BG, BB, MG, MB
1500m Run	MG, MB
4 x 400m Relay	PG, PB, BG, BB, MG, MB

AFTERNOON SESSION begins @ 2:30P.M.

4 x 100m Relay	YG, YB, IG, IB, YW, YM
800m Dash	YG, YB, IG, IB, YW, YM
100m Hurdles	YG, YB, IG, YW
110m Hurdles	IB, YM
100m Dash	YG, YB, IG, IB, YW, YM
400m Dash	YG, YB, IG, IB, YW, YM
200m Hurdles	YG, YB
400m Hurdles	IG, IB, YW, YM
200m Dash	YG, YB, IG, IB, YW, YM
1500m Run	YG, YB, IW, IB, YW, YM
4 x 400m Relay	YG, YB, IG, IB, YW, YM

Thanks for attending!

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MEET RULES

- ALL EVENTS WILL BE ON A ROLLING SCHEDULE
- ALL USA TRACK AND FIELD RULES WILL BE IN EFFECT FOR THIS MEET
- PRIMARY - MIDGET DIV. MAY COMPETE IN A MAXIMUM OF THREE EVENTS
- YOUTH – YW/YM DIV. MAY COMPETE IN A MAXIMUM OF FOUR EVENTS
- PARTICIPANTS MUST HAVE AN ARMBAND TO COMPETE
- COACHES WILL BE ASKED TO HELP AS NEEDED
- BOTH SIDES OF THE TRACK MAY BE USED IF REQUIRED FOR THE 100M DASH
- ALL COACHES WILL BE ADMITTED FREE WITH USATF OR AAU CARD ONLY

FEES AND AWARDS

- ENTRY FEE IS \$5 PER ATHLETE
- SPECTATOR ADMISSION IS \$5 PER PERSON, UNDER 4 FREE
- MEDALS WILL BE AWARDED TO THE TOP THREE FINISHERS IN EACH EVENT

ALL OTHER PRIMARY PARTICIPANTS WILL BE AWARDED PARTICIPATION RIBBONS

AGE DIVISION BIRTH YEAR

- PRIMARY 2004 +
- BANTAM 2002-2003
- MIDGET 2000-2001
- YOUTH 1998-1999
- INTERMEDIATE 1996-1997
- YOUNG WOMEN/MEN 1994-1995

DIRECTIONS

- FROM DOWNTOWN DALLAS: TAKE I-35 SOUTH TO HWY 67 TO JOE WILSON RD. TAKE A LEFT ON JOE WILSON AND GO ½ MILE TO EAST PLEASANT RUN RD. TAKE A LEFT ON EAST PLEASANT RUN RD. AND GO APROX. ½ MILE. THE SCHOOL WILL BE ON THE LEFT.
- FROM FT WORTH/ARLINGTON: TAKE I-20 EAST TO HWY 67. TAKE HWY 67 SOUTH TO JOE WILSON RD. TAKE A LEFT ON JOE WILSON RD AND GO ½ MILE TO EAST PLEASANT RUN RD. TAKE A LEFT ON EAST PLEASANT RUN RD AND GO APROX. ½ MILE. THE SCHOOL WILL BE ON THE LEFT.
- FROM EAST TEXAS TAKE I-20 WEST TO HWY 67. TAKE HWY 67 SOUTH TO JOE WILSON RD. TAKE A LEFT ON JOE WILSON AND GO ½ MILE TO EAST PLEASANT RUN RD. TAKE A LEFT ON EAST PLEASANT RUN RD. AND GO APROX. ½ MILE. THE SCHOOL WILL BE ON THE LEFT.

For More Information:

Please see www.grandprairieflash.org
or email grandprairieflash@sbcglobal.net
Coach Reggie Davis 214-695-6473

Thinking BIG...Believing in Greatness!