

Grand Prairie

June 25, 2016



Track & Field Meet

Wilmer Hutchins High School
5520 Langdon Road
Dallas, Texas 75241

Registration Starts promptly @ 7a.m.

Entry Fee is \$5 per Athlete

General Admission is \$5 per person, 4 and under is free.

Schedule of Events

Coaches meeting @ 8:30 AM

MORNING SESSION BEGINS @ 8AM

3000M RUN 11&12, 13&14, 15-16, & 17-18
4 X 100M RELAY 8 U, 9-10, 11-12
800M DASH 8 U, 9-10, 11-12
80M HURDLES 11-12 100M DASH 8U, 9-10, 11-12
400M DASH 8U, 9-10, 11-12
Sprint Medley Relay 9-10; 11-12 (100m, 100m, 200m, 400m)
200M DASH 8 U, 9-10, 11-12
1500M RUN 9-10 & 11-12
4 X 400 RELAY 8U, 9-10, 11-12

AFTERNOON SESSION BEGINS @ 3PM

4 X 100M RELAY
PARENTS\COACHES RELAY
4 X 100M RELAY 13-14, 15-16, 17-18
800M DASH 13-14, 15-16, 17-18
100/110M HURDLES 13-14, 15-16, 17-18
100M DASH 13-14, 15-16, 17-18
400M DASH 13-14, 15-16, 17-18
200M HURDLES 13-14 400M HURDLES 15-16, 17-18
Sprint Medley Relay 13-14, 15-16, 17-18 (100m, 100m, 200m, 400m)
200M DASH 13-14, 15-16, 17-18
1500M RUN 13-14, 15-16, 17-18
4 X 400 RELAY 13-14, 15-16, 17-18

For More Information: Please visit www.grandprairieflash.org or email grandprairieflash@sbcglobal.net Coach Reggie Davis (214) 695-6473

MEET RULES

- All events will be on a rolling schedule.
- All USA Track & Field rules will be in effect for this meet.
- Primary–Midget Divisions may compete in a maximum of 3 events.
- Youth–Young Women/Men Divisions may compete in a maximum of 4 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 & 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)	FORMER AGE DIVISION
8 and under (Born 2008 +)	Primary or Pre-Bantam 9 to 10
(Born 2006-2007)	Bantam 11 to 12
(Born 2004-2005)	Midget 13 to 14
(Born 2002-2003)	Youth 15 to 16
(Born 2000-2001)	Intermediate 17 to 18
(Born 1998-1999)	Young
(Born 1996 and Before	Open

NOTE: ATHLETE'S AGE AS OF DECEMBER 31, 2016, WILL DETERMINE AGE DIVISION.



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