



RUNNING RAVENS



Track & Field Athletic Meet *April 22 2017* *Waller Auxiliary Stadium* *2000 Daugherty St. Waller, TX 77484*

Admission: Athletes and Spectators \$6
(A Maximum of 5 Uniformed Coaches Free) Kids 5 & Under - Free)

Gates Open: 7:00am

Coaches Meeting: 7:45am (*Sharp*)

1500/3000rw 9 & Up (8:00)

3000m 11 & Up (8:15)

Rolling Schedule Starts at 9:00am

80m Hurdles (30")	11 - 12 Boys & Girls
100m Hurdles (33")	13 - 14 Boys & Girls / 15-16 Girls / 17-18 Women
110m Hurdles (39")	15 - 16 Boys / 17-18 Men
100m	13yrs & Up
800m	8yrs - 12yrs
4x100	All
50m	6yrs & Under
400m	13yrs & Up
200m	8yrs - 12yrs
1500m	All
4x400	10yrs & Up

Field Events (Start at 8:00am)

Long Jump	All (Youngest-Oldest)
Discus	11yrs & Up
Shot Put	8yrs & Up (after Discus)
Triple Jump	13yrs & Up (Oldest-Youngest)
Turbo Javelin	8yrs - 12yrs (Oldest-Youngest)
High Jump	9yrs & Up

"It's Recommended that the athlete have their own instruments"

*The athletes year of birth shall determine their age division not the athletes current age.

- Only 2 Coaches Max per team allowed on the infield

- 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 membership must be obtained before the competition begins.
- BE PREPARED! Adult and Non 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.

- Pre-Registration Encouraged (**ENDS 4/19/17**)
at Coacho.com Packets can be pick-up Thurs.
(04/20) 1:00pm-5:00pm

Call or Text 713.494.2092 for location
- Make Checks & Money orders out to
Cy-Running Ravens.

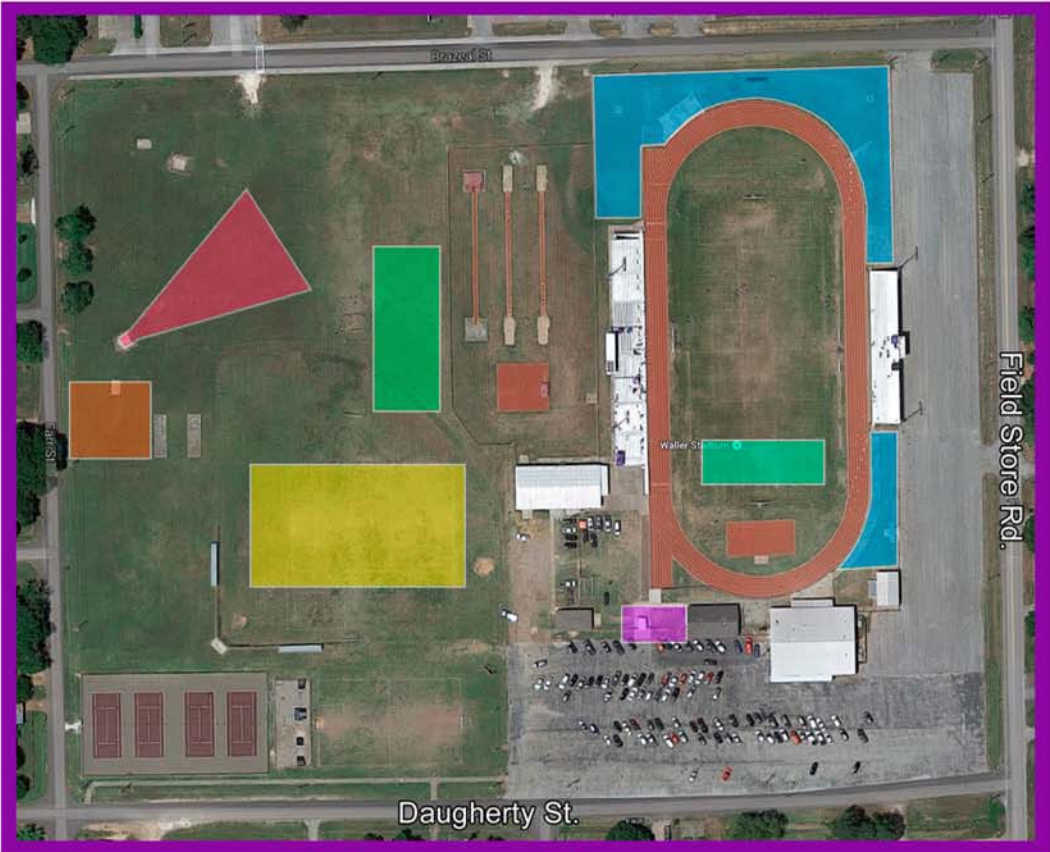
More Meet Information

Coach Tony W.

coachtony@runningravens.com

713.494.2092

runningravens.com



- | | | | | | |
|---|------------|---|----------|---|--------------|
|  | Entry Gate |  | Discus |  | Heat-Up Tent |
|  | Tent Area |  | Shot Put |  | Tubro Jav. |
|  | Warm-Up | | | | |