

“No Ego” Track Meet ...
Hosted By Flight International & 4 Stars Track Club



May 20, 2017
Elgin High School
41000 County Line Rd
Elgin, Texas 78621

Entry fee is \$6.00 per Athlete
Under 4 Free

Admission Fee \$6.00 per person,

Gates Open @ 6:30 A.M.

Coaches Meeting 7:00 A.M.

All age Divisions Boys and Girls

Field Event Begins @ 7:30 A.M.

DISCUSS	17-18 M/W, 15-16 B/G, 13-14 B/G, 11-12 B/G
SHOT PUT	8 & Under G/B, 9-10 G/B, 11-12 G/B, 13-14 G/B, 15-16 G/B, 17-18 W/M
LONG JUMP	8 & Under G/B, 9-10 G/B, 11-12 G/B, 13-14 G/B, 15-16 G/B, 17-18 W/M
TRIPLE JUMP	13-14 G/B, 15-16 G/B, 17-18 W/M
HIGH JUMP	9-10 G/B, 11-12 G/B, 13-14 G/B, 15-16 G/B, 17-18 W/M
POLE VAULT	13-14 G/B, 15-16 G/B, 17-18 W/M, OPEN W/M
TURBO JAVELIN	8 & Under G/B, 9-10 G/B, 11-12 G/B

**FIELD EVENTS FOR DIVISION 8 & UNDER THRU 11-12 WILL BE A (3) JUMP/THROW FINAL*

**FIELD EVENTS FOR DIVISION 13-14 THRU 17-18 WILL BE A (4) JUMP/THROW FINAL*

Morning Session **Running Events Begin @ 8:00 A.M.**

12 and Under Boys and Girls

1500M RW	9-10 G/B, 11-12 G/B, 13-14 G/B, 15-16 G/B, 17-18 W/M
3000M RUN	11-12 G/B, 13-14 G/B, 15-16 G/B, 17-18 W/M
4X100M RELAY	8 & Under G/B, 9-10 G/B, 11-12 G/B
800M DASH	8 & Under G/B, 9-10 G/B, 11-12 G/B
100M DASH	8 & Under G/B, 9-10 G/B, 11-12 G/B, 5 & Under 50/100 Meter
400M DASH	8 & Under G/B, 9-10 G/B, 11-12 G/B
800M MEDLEY RELAY	8 & Under G/B, 9-10 G/B, 11-12 G/B
	100,100,200,400
1500M RUN	8 & Under G/B, 9-10 G/B, 11-12 G/B
4X400M RELAY	8 & Under G/B, 9-10 G/B, 11-12 G/B

Sponsored by No Ego Apparel @ (512)541-1228

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Afternoon Session Running Events begin @ 12:30 P.M
 13 and up, Open and Masters Men and Women

4X100M RELAY	13-14 G/B, 15-16 G/B, 17-18 W/M, OPEN & MASTERS W/M
800M DASH	13-14 G/B, 15-16 G/B, 17-18 W/M, OPEN & MASTERS W/M
100M HURDLES	13-14 G/B, 15-16 G/B, 17-18 W/M, OPEN & MASTERS W/M
110M HURDLES	15-16 B, 17-18 M, OPEN & MASTERS /M
100M DASH	13-14 G/B, 15-16 G/B, 17-18 W/M, OPEN & MASTERS W/M
400M DASH	13-14 G/B, 15-16 G/B, 17-18 W/M, OPEN & MASTERS W/M
200M HURDLES	13-14 G/B
400M HURDLES	15-16 G, 17-18 W, 15-16 M, 17-18M, OPEN & MASTERS W/M
1600M MEDLEY RELAY	200,200,400,800
	13-14 G/B, 15-16 G/B, 17-18 W/M
1500M RUN	13-14 G/B, 15-16 G/B, 17-18 W/M
4X400M RELAY	13-14 G/B, 15-16 G/B, 17-18 W/M

- ☐ 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.aausports.org to obtain their membership.

Note: any contacts listed within this flyer MUST have a current AAU Membership.