



10 EAST TRACK & FIELD INVITATIONAL

Hosted By: 10 East Track & Field Conference

Date: Saturday, March 11th, 2017

Site: Grand Terrace High School, 21810 Main Street Grand Terrace CA 92313

Registration: www.meetregister.com

The meet will be fully automatic timed.

Registration Begins February 23rd, 2016 at 09:00AM PST

Registration Ends March 8th, 2017 at 11:59 PM PST

Packet Pickup: 7:00 AM

Starting Time: 8:30 AM Field and Running Events

Contact Person: Billy Potts: (323) 540-8165

Eligibility: Boys and Girls in the following Divisions:

Five & Six.....**2011 & 2012**
Seven & Eight.....**2009 & 2010**
Nine & Ten Year Old.....**2007 & 2008**
Eleven & Twelve Year Old.....**2005 & 2006**
Thirteen & Fourteen Year Old.....**2003 & 2004**

Limitation: 8 & under, and 9 year old thru 12 year old, are limited to 3 events.

Thirteen and older are limited to 4 events

Surface: ALL-Weather 9 lane Track and Runway, ¼ Spikes or less

Entry Fee: \$10.00 per athlete

Team entries are to be paid online at www.meetregister.com, or at the meet with cash or a club check
(NO PERSONAL CHECKS ACCEPTED)

Awards: Metals for top 3 runners in each event, Ribbons for top 4-8 finishers, Overall Team Trophy

Concession: Food and Drinks will be available for purchase

Meet Results: Will be provided On-Line at www.meetregister.com

Check-In: All participants must check in at the Clerk of the Course when their event is called. Field Event participants must report directly to the official in charge of the event when the event is called.

■ 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 event. Please allow 10 days for membership to be processed.

■ Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.



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Order of Events

RUNNING EVENTS – START TIME: 8:30 a.m.

Sprint Med. RELAY (7 year thru 15year)
100M, 100M, 200M, 400M

80M HURDLES (11G, 12G, 11B, 12B)

100M HURDLES (13G, 14G, 13B, 14B)

400M (ALL DIVISIONS) youngest to oldest

1500M (ALL DIVISIONS) youngest to oldest

100M (ALL DIVISIONS) youngest to oldest

800M RUN (ALL DIVISIONS) youngest to oldest

200M (ALL DIVISIONS) youngest to oldest

4 X 200M RELAY (ALL DIVISIONS)

FIELD EVENTS – START TIME: 8:30 a.m.

Long Jump: (ALL DIVISIONS) youngest to oldest

High Jump: (9 year thru 15year)

Shot Put: (ALL DIVISIONS) youngest to oldest

Mini Javelin: (ALL DIVISIONS) youngest to oldest