

**Grand Rapids Track Club  
Grand Rapids F.I.R.E. Program**

**Presents**

**4th Annual Grand Rapids Invitational  
Youth Track and Field Meet**

**July 12, 2014  
Grand Rapids, MI**



**DATE:** July 12, 2014

**LOCATION:** Houseman Field  
100 Houseman Ave. NE, Grand Rapids, MI 49503  
All weather surface – 8 lanes  
Parking and Restrooms Available  
Track spikes ¼” pyramid or less

**HOSTS:** Dan Ebright, 616-608-2209(cell), [grtcdebright@yahoo.com](mailto:grtcdebright@yahoo.com)  
Tony Shellman, 517-414-6228, [tonecapone3000@yahoo.com](mailto:tonecapone3000@yahoo.com)  
Yamaka Bracey, 616-828-7705, [yamakabracey@gmail.com](mailto:yamakabracey@gmail.com)

**ENTRY DEADLINE:** Online Registration Deadline – 11:59 P.M., Thursday, July 10, 2014  
Register online at: <http://coacho.com/main/onlineentry/index.html>

**FEE:** \$12 per athlete (non-refundable). \$20 day of the meet

**AGE:** 8 & u,9-10,11-12,13-14,15-16,17-18 (age as of 12/31/14) – No subdivisions will be run.

**TIME:** Gates Open at 8:00 A.M.  
Field Events will begin at 9:00 A.M. and Running Events at 10:00 A.M.

**AWARDS:** Medals 1<sup>st</sup>- 3<sup>rd</sup> for each division

**ORDER OF EVENTS:** See attached schedule

- This event is sanctioned 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 except where the event operator has a laptop available with an internet connection. Participants are encouraged to visit the AAU web site [www.ausports.org](http://www.ausports.org) to obtain their membership.

## ORDER OF EVENTS

**Packet Pick-Up: 8:00am to 9:00am**

**Coaches Meeting: 8:30am**

**STARTING TIME: 9:00 am - Field Events  
10:00 am – Running Events**

### **WE WILL START ON TIME!**

**All events are timed final except 100m dash and hurdles if necessary. If there are less than 8 entries in a division, the entrants will advance automatically to finals.**

| <b><u>EVENT</u></b>                             | <b><u>AGE GROUP</u></b> |
|---|-------------------------|
| <b>Hurdles semi (Top eight times to finals)</b> | <b>11-18</b>            |
| <b>100m semi (Top eight times to finals)</b>    | <b>all</b>              |
| <b>Finals start immediately after prelims</b>   |                         |
| <b>1500m run</b>                                | <b>9-18</b>             |
| <b>400m dash</b>                                | <b>all</b>              |
| <b>Hurdle finals</b>                            | <b>11-18</b>            |
| <b>100m Finals</b>                              | <b>all</b>              |
| <b>4x100 relay</b>                              | <b>all</b>              |
| <b>800m</b>                                     | <b>all</b>              |
| <b>200m (timed finals)</b>                      | <b>all</b>              |
| <b>1600m relay</b>                              | <b>9-18</b>             |

### **FIELD EVENTS**

**4 attempts/throws – no finals**

|                  |              |
|------------------|--------------|
| <b>Long jump</b> | <b>all</b>   |
| <b>Shot put</b>  | <b>all</b>   |
| <b>Discus</b>    | <b>11-18</b> |
| <b>High jump</b> | <b>9-18</b>  |

*\*Competitors should bring their own implements to be used at Meet.*