

Athletes Lives Network Track Club
Track & Field
“Live to Run, Run to Live”
Invitational



DATE: July 13, 2014

LOCATION: Hammond Morton High School
6915 Grand Ave
Hammond, Indiana, 46323

HOST: Carl Biddings, 219-809-1235, biddings8@gmail.com

ENTRY DEADLINE: July 9, 2014

FEE: \$14 per event

AGE: 6- 18 (age as of 12/31/014)

TIME: 8am - 5pm

There will be NO on-site registrations

Packet Pick-up will begin at 8:00am

Coaches meeting will commence sharply at 9:20am

Medals to the top 3 event finishers, Ribbons to 4-8 event finishers

**Due to the fact that all events are timed finals, heats will be assigned according to time.
Please be sure to list your athlete's fastest time when entering entries.**

ORDER OF EVENTS

8:00am - 8:45am:

10:00am (Field Events)

Track Open

Shot Put: (Girls, Boys)

Discus: (Girls, Boys)

High Jump: (Girls, Boys)

Long Jump: (Girls, Boys)

11:00am (Running Events)

1500m Race Walk (Girls, Boys)

3000m Race Walk (Girls, Boys)

1500m Run (Girls, Boys)

80m Hurdles (Girls, Boys)

100m Hurdles (Girls)

110m Hurdles (Boys)

55m (Pee Wee)

100m (Pee Wee, Girls Boys)

400m (Girls, Boys Youth)

3000m Run (Girls, Boys)

4 X 100m (Girls, Boys Youth)

800m (Girls, Boys Youth)

200m (Girls, Boys Youth)

4 X 400m (Girls, Boys Youth)

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

- 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.
- **BE PREPARED:** Adult and Non-Athlete memberships are no longer instant and cannot be applied for at the event. Please allow up to 10 days for membership to be processed.
- Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership

FOR MORE INFORMATION:

Carl Biddings

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