

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

5th Annual Grand Rapids Invitational
Youth Track and Field Meet

July 11, 2015
Grand Rapids, MI



DATE: July 11, 2015

LOCATION: Houseman Field
140 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

ENTRY DEADLINE: Online Registration Deadline – 11:59 P.M., Thursday, July 9, 2015
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 12/31/15) – 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 1st - 3rd for each division

ORDER OF EVENTS: See attached schedule

- 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 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 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. All events are FAT timed.

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

FIELD EVENTS

4 attempts/throws – no finals

Long jump	all
Shot put	all
Discus	11-18
High jump	9-18

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