

Northside Striders Youth Track Club
Track & Field

Annual Invitational Meet

May 18, 2013

LOCATION: DeKaney High School Spring ISD (Track)

22351 Imperial Valley

Houston, Texas 77073

Meet Director: Tony Jones 281-799-2265

tony2020@comcast.net

ns-striderstrack.com

Registration: Gates Open at 7:00am and Coaches Meeting 8:30am

FEE: \$5 per Athlete/ Spectators \$ 5 / 5 uniformed coaches free

TIME: Running Events Starts at 9:00am /Field Events 9:30

Awards: Medals 1st place, Ribbons 2nd -6th place

ORDER OF EVENTS

3000m Run (11yrs.Sub-Midget &Up)

1500 Race walk (9yrs.Sub-Bantam- Midget)

80m Hurdles (11yrs.Sub-Midget –Midget 30")

100m Hurdles (15yrs.Intermediate &Up Girls 33")

110m Hurdles (15yrs.Intermediate &Up Boys 39")

100m Dash –All (17yrs.Youngest to Oldest)

800 (8U Primary- Youth)

4x100m Relay (All)

4x100m Relay (Parent / Coaches) Team Tee Shirts

400m Dash (All-Oldest to Youngest)

Munchkin Race (5 and Under-50m)

200m Dash (12yrs.Midget-Up)

1500m Run (All)

4x400m Relay (10yrs.Bantam-Up)

Field Events* 3 Attempts in all Field Events

High Jump (Sub-Bantam-Up)

Long Jump (Oldest to Youngest)

Shot Put (Primary-Up)

Discuss (Sub-Midget-Up)

*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 connect. Participants are encouraged to visit the AAU web site
HYPERLINK "http://aausports.org/default.asp?a=pg_membership.htm" www.aausports.org to obtain their membership.

FOR MORE INFORMATION:

Tony Jones or Tangelia Jones

281-799-2265 / 281-468-538