



RUNNING RAVENS



***Track & Field Athletic Meet
June 14th 2014
Westside High School
14201 Briar Forest Dr. Houston, TX 77077***

Admission: Athletes and Spectators \$6
(A Maximum of 5 Uniformed Coaches Free) Kids 5 & Under - Free)
Gates Open: 7:00am
Coaches Meeting: 7:45am

Running Events (Start at 9am rolling schedule)

1500 Racewalk	9 & Up (8:30)
3000m	12 & Up
80m Hurdles (30")	11 - 12 Boys & Girls
100m Hurdles (33")	13 - 14 Boys & Girls / 15-16 Girls / 17-18 Women
110m Hurdles (39")	15 - 16 Boys / 17-18 Men
100m	7&8 - 11
800m	All
4x100	All
400m	All
50m	6 & Under
200m	12 & Up
1500m	All
4x400	10 & Up

Field Events (Start at 8:00am)

Long Jump	All (Oldest - Youngest)
Shot Put	9 & Up
High Jump	9 & Up
Triple Jump	13 & Up (will start after the completion of Long Jump)

The athletes year of birth shall determine their age division
not the athletes current age.

- No Coaches allowed on the infield
- Bleacher seating limited, Tents are encouraged

- 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.

More Meet Information

Coach Tony W.

coachtoney@runningravens.com

713.494.2092

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