



RUNNING RAVENS



1ST Annual Track & Field Meet

March 16th 2013
Westside High School
14201 Briar Forest Dr., Houston, TX 77077

Admission:

Athletes and Spectators \$5
(Max. 5 Uniformed Coaches) Free Kids 5 and under - Free
Gates Open: 7:00am
Coaches Meeting: 7:30am

Running Events (Start time 9:00am rolling schedule)

1500 Racewalk	Sub-Bantam & Up (8:30)
3000m	Midget & Up (8:45)
100m	All
800m	All
4x100	All
400m	All
Munkin Race	
1500m	All
200m	All
4x400	Bantam & Up

(Field Events start at 8:00am (Youngest to Oldest))

Long Jump	All
Shot Put	Sub-Bantam & Up
High Jump	Sub-Bantam & Up

AGE DIVISIONS/DETERMINATION: The athlete's year of birth shall determine the age division in which he/she will compete for individual events. Relays will be run in 2 year age divisions:

Coach Tito Head Coach
coachtito@runningravens.com
281.660.0064
www.runningravens.com

- 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 www.aausports.org to obtain their membership.



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|  | TENT AREA |  | SHOTPUT RING |  | HEAT UP TENT |  | AWARDS TENT |
|  | INFIELD WARM-UP AREA |  | CONCESSIONS/RESTROOMS/
MEDICAL FACILITY |  | EVENT PARKING ONLY | | |