



DRAGONS YOUTH TRACK and FIELD CLUB

Annual Invitational Track Meet - *June 1, 2019*

LOCATION: Klein Cain High School
10201 Spring Cypress Rd, Houston, TX 77070

HOST: Dragons Youth Track and Field Club: 832-865-2871 dragonsyafc@gmail.com

FEE: \$6 per athlete 5 Uniformed Coaches FREE
 \$6 per spectator 5 and under (non-competing) FREE

AGE: 18 and under

AWARDS: 1st – 3rd place medals 4th through 6th ribbons

TIME: 7:30a.m. Coaches Meeting 8:00a.m. Meet Start Time

Pre-Registration Deadline: Thursday - May 30, 2019 @11:00pm

Pre-register at: dragonsyafc@gmail.com

ORDER OF EVENTS

3000M RUN	SUB MIDGETS & UP
1500 METER RACEWALK	SUB BANTAM & UP
100 METER DASH	PRIM.- MIDGET
80 METER HURDLES	SUB MIDGETS & MIDGETS B&G
100 METER HURDLES	SUB Y/Y B&G; INT/YW GIRLS
110 METER HURDLES	INT / YM - BOYS
SPRINT MEDLEY (100/100/200/400)	YOUTH & UP
4 X 100 RELAY	ALL
800 METER	SUB YOUTH & UP
400 METER DASH	PRIM. - MIDGET
200 METER RUN	SUB YOUTH & UP
1500 METER Run	ALL

4X400 METER RELAY ALL

FIELD EVENT

LONG JUMP	ALL
TRIPLE JUMP	SUB-YOUTH & UP
HIGH JUMP	BANTAM & UP
SHOT PUT	ALL
DISCUS	SUB-MIDGET & UP
TURBO JAV / JAVELIN	PRIMARY-MIDGET; SUB YOUTH/YM-YW

These events are mandated by the Gulf AAU Executive Committee and all should participate accordingly

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

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 Youth Athlete membership must be obtained before the competition begins.

BE PREPARED! Adult and Non Athlete memberships are no longer instant and cannot be applied for at event. Please allow at least 10 days for membership to be processed.

Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership