



2019

GREATER HOUSTON RELAYS

MARCH 30, 2019



C.E. KING HIGH SCHOOL
8540 C E KING PKWY
HOUSTON, TX 77044

TIME: Gate open @ 7:00a.m.
Coaches Meeting 7:30a.m.

1st running event & all field events @ 8:00a.m.

FEE: Athlete: \$6 Pre-registration
deadline 3-28-2019 @11:59pm

\$8.00 at the gate
\$6 Spectator

EVENTS REVISED 3/24/19

SPRINT MEDLEY 100-100-200-400 **8-12**

3000 **11 & UP**

4X200 **8 & UP**

800 **12 & UNDER**

MUNCHKIN - **BORN AFTER 2014**

100 **13 & UP**

COACHES/PARENTS 50M DASH

80M/100M HURDLES **11-14**

4X100 **ALL**

400 **13 & UP**

200 **12 & UNDER**

1500M **ALL**

4X400 **ALL**

DISCUS **11 & UP**

SHOT PUT **ALL**

LONG JUMP **ALL**

DIVISION

8 & Under	2011 & After
9 Year Old	2010
10 Year Old	2009
11 Year Old	2008
12 Year Old	2007
13 Year Old	2006
14 Year Old	2005
15-16 Year Olds	2003-2004
17-18 Year Olds	2001-2002

Event Max

12 & under 3 Events

13 & Up 4 Events

Information:

email: track@greaterhoustrack.org

ph: 281-406-0161

Pre-Order for your club

<http://ghtrack.org/gh-relay>



Awards

1st-3rd Medals
4th-6th Ribbons

Trophies

(Host Team Omitted)
Most Team Points
Most Throwing Points
Most Jumping Points
Fastest Coach

*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. Athletes without membership will not be allowed to participate.
AAU membership may not be included as part of the entry fee to the event. However, athletes may purchase aau membership at the event.
AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection.
BE PREPARED: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at the event. Please allow up to 10 days for membership to be processed.

Participants are encouraged to visit the AAU web site www.ausports.org to obtain their membership.