

**TRACK DYNAMITE
ANNUAL INVITATIONAL TRACK MEET**

MAY 20, 2023



LOCATION:

BEVERLY D. HUMPHREY TIGER STADIUM
200 E. WINTERGREEN LANCASTER, TX 75146

- ✓ F.A.T/WIND GAUGE NTX TIMING SERVICE
- ✓ USATF OR AAU MEMBERSHIP NOT REQUIRED FOR REGISTRATION
- ✓ REGISTER ONLINE AT COACHO.COM
- ✓ TOP 3 FASTEST TIMES IN EACH AGE GROUP RECEIVE MEDALS
- ✓ TOP 8 QUALIFY FOR THE IYC MEET JULY 14-16, 2023 LANDOVER, MD
- ✓ **NO REFUNDS AFTER ENTRY FEE IS PAID**

**8:00 AM
ROLLING SCHEDULE**

ALL RUNNING EVENTS ARE TIMED FINALS

RUNNING EVENTS:

1500M RACEWALK (ALL AGE GROUPS)
3000M RUN (11-18 GIRLS & BOYS)
4X100M RELAY (ALL AGE GROUPS)
800M RUN (ALL AGE GROUPS)
100M DASH (ALL AGE GROUPS)
SOME WILL RACE ON VISITORS SIDE OF TRACK (4-5 ONLY)
110M HURDLES (15-18 BOYS ONLY)
100M HURDLES (13-18 GIRLS) (13-14 BOYS)
80M HURDLES (11-12 GIRLS & BOYS)
400M DASH (ALL AGES GROUPS)
400M HURDLES (15-18 GIRLS & BOYS)
200M HURDLES (11-14 GIRLS & BOYS)
200M DASH (ALL AGE GROUPS)
1500M RUN (ALL AGE GROUPS)
4x400 RELAY (ALL AGE GROUPS)

FIELD EVENTS:

LONG JUMP (ALL AGES GROUPS)
HIGH JUMP (9-10)
TRIPLE JUMP (13-18)
SHOT PUT (9-18)
DISCUS (13-18)

- ✓ FRIDAY 12-5PM PACKET PICKUP. TENT SET-UP. SPECTATORS BANDS
- ✓ SATURDAY MAY 20, 2023 GATES OPEN AT 6:00AM
- ✓ CONTACT COACH ROSSUM @469-667-0881 OR DYNAMITE346@GMAIL.COM