



## NORTHWEST FLYERS TRACK MEET

Saturday May 9, 2009

Klein Memorial Stadium

16503 Stuebner Airline Road

Spring, TX 77379

### Schedule of Events:

#### Running Events

8:30AM	3000/5000 Meter Run	(Midget & Up)
*	80/100/110 Meter Hurdles	(Midget & Up)
*	Medley Relay [200/200/400/800]	(Midget & Up)
*	100 Meter Dash	(All)
*	800 Meter Run	(Primary & Bantam)
*	400 Meter Dash	(Midget & Up)
*	200/400 Meter Hurdles	(Youth & Up)
*	4 X 100 Meter Relay	(All)
*	1500 Meter Run	(Bantam & Up)
*	1500 Meter Race Walk	(Bantam & Up)
*	4 X 400 Meter Relay	(Bantam & Up)

#### Field Events

9:00AM	Long Jump	(All)
*	Triple Jump	(Youth & Up)
9:00AM	Shot Put	(Bantam & Up) youngest to oldest
*	Discus	(Midget & Up) oldest to youngest
11:00AM	Turbo Javelin	(Bantam, Midget)
*	Javelin	(Youth & Up)
1:00PM	High Jump	(Bantam & Up)
3:00PM	Pole Vault	(Youth & Up)

\* Immediately upon completion of the previous listed event

Sanction: USA Track & Field (USATF)

Club Director: Pal Roach (281) 587-8442 or pal\_roach@hotmail.com

Meet Director: Kevin Solomon

Announcer: Marvin Forrest

Coaches:

Rose Banker, Shawn Biggers, Dave Bogert, Homer Garza, Paul Gates, Brian Guzman, Jimmy Howard, Henry Oramas, Alan Sims, Patrick Smith, Kevin Solomon, Pal Roach, Walter Wisell

Registration:

8:00 am to 9:00 am

8:10 am Coaches Meeting

\$5.00 participating athletes, all athletes must have USATF card

\$4.00 all spectators (5 and under free)

Coaches free with USATF coaches card and background check (approved or pending)

Divisions:

Girls and Boys: Primary (8 & under), Bantam (9-10), Midget (11-12), Youth (13-14), Intermediate (15-16), Young adults (17-18). Ages as of December 31, 2009.

Awards:

Primary – ribbons for first six places in each heat

Bantam Up – ribbons for first six places overall per event

All – **medals for 1<sup>st</sup> – 3<sup>rd</sup> place** overall (while supplies last)

Rules:

An Athlete may participate in 3 events maximum Primary thru Midget, and 4 events maximum for Youth and up. Clubs may be limited to a maximum of 12 individual athletes and two relay teams per club, per event, per age group (exceptions @ Meet Director's Discretion).

Meet Procedure:

Meet shall be in accordance with USA Track & Field Youth Athletics rules and regulations. 1/8 or 1/4 inch spikes or flats.

Misc:

Each team is responsible for leaving the grounds and bleacher areas clean. Restrooms and concessions are available.

***A special thanks to our corporate sponsors:***

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