Invitational Saturady Jully 15, 2023 9:00 am
Registration will start at 8:00 am. The track will also be open for warmups

Coaches/ Parent Meeting at 8:45 am

Please be sure that to report during $1^{\text {st }}$ and $2^{\text {nd }}$ call for all events. Track events will take priority over field events however, athletes may return later to finish their field event with no penalty.

Track events will start promptly at 9:00 am with youngest to oldest age groups. Girls will go first. To save time- age groups may be combined if the heats are small.
*Please note that Blaze Academy athletes will NOT be competing as a separate age group but will rather have to compete in the U8 Age Groups.

* Events will run on a rolling schedule

> Order of Track Events
> $\mathbf{1 5 0 0}$ meter run 100 meter dash 4x100 -meter Relay 400-meter Dash 15min Break 800-meter Run 200-meter Dash
> Parents \& Coaches vs Kids Relay

## Field Events

Field events may start $15-30 \mathrm{~min}$. prior to the running events.

## Long Jump Schedule

9:00am-10:30am

10:30am- 12:00 pm

Throwing Events Schedule
9:00am-10:30am

Turbo Javelin
Aero Javelin
Javelin

10:45am - 12:00pm
Shot Put

17-18 year-olds
15-16 year olds
13-14 year olds
8 years \& under
9-10 year olds
11-12 year olds

10 and under
11-12 year olds
13-18 year olds

10 and under
11-12 year olds
13-18 year olds

