

MAINLAND JAGUARS TRACK CLUB

Meet is Sanctioned by USATF

Barnett Stadium
6800 Fairway Drive
Houston, Texas 77087

May 4, 2019

Meet Director: Floyd Thompson

Contact Cheryl Benefield - (713) 240-2411

Registration: 7:15 a.m.

Coaches Meeting: 8:15 a.m.

Athletes: \$7.00	8 and Under	2011 +	3 Events
Spectators: \$7.00	9-10 year olds	2009-2010	3 Events
5 yrs and under: FREE	11-12 year olds	2007-2008	3 Events
Coaches FREE with cleared USATF background check	13-14 year olds	2005-2006	4 Events
	15-16 year olds	2003-2004	4 Events
	17-18 year olds	2001-2002	4 Events

MEDALS to all 1st Place Winners and Ribbons to 2nd - 6th place (all by time, distance or height). All 8 and Under participants will receive ribbons. Order of events will run from youngest to oldest per division. Field Events - 3 attempts only.

SCHEDULE OF EVENTS (8:30)

3000 Meter Run	11-12 year old & Up
80 Meter Hurdles	11-12 year old
100 Meter Hurdles	13-14 boys, 15-16 girls, 17-18 girls
110 Meter Hurdles	15-16 boys, 17-18 boys
50 Meter Dash	5 and under
100 Meter Dash	11-12 year old & Up
800 Meter Run	8 and Under & 9-10
4 x 100 Meter Relay	All
400 Meter Dash	11-12 year old & Up
1500/3000 Meter Race Walk	9-10 year old & Up
200 Meter Dash	8 and under, 9-10
1500 Meter Run	All
4 x 400 Meter Relay	All

FIELD EVENTS (8:30)

Long Jump	All
Shot Put	All
Discus	11-12 year old & Up
Turbo Javelin	8 and under, 9-10, 11-12
Javelin	13-14 year old & Up
High Jump	9-10 year old & Up
Triple Jump	13-14 year old & Up
Pole Vault	13-14 & Up

PLEASE PICK UP ALL TRASH BEFORE LEAVING YOUR AREA