

# 2024 ANNUAL TRACK AND FIELD MEET



**April 20, 2024**  
**MEET DIRECTOR**  
Tyrone Cross  
281-886-2029

**ATHLETE ADMISSION: \$12.00 PRE-REGISTER ON COACH O ONLY DEADLINE: TUESDAY APRIL 16, 2024, AT MIDNIGHT! (CC PROCESSING FEES INCLUDED).ATHLETES AND SPECATORS.**

**Awards 1<sup>st</sup> to 6<sup>th</sup> place Medals**

**SPECTATOR ADMISSION: \$12.00 ONLINE REGISTRATION ONLY ON COACH O. AAU REGISTERED COACHES FREE BASED ON # OF ATHLETES. 1 BAND PER TEN ATHLETES. MAX 20.UNATTACHED MUST BE A REGISTERED AAU COACH (CC PROCESSING FEES INCLUDED). (NON- COMPETING) KIDS 4 AND UNDER FREE**

## SCHEDULE OF EVENTS

6:45 AM – GATES OPEN  
7:00 AM – COACHES MEETING  
7:00 AM – CONCESSIONS OPEN

### RUNNING EVENTS (START TIME 7:30 AM) Meet Template A

1500m Run-----Primary to Midget  
100m Dash-----Primary-Midget  
800m Dash-----Sub Youth & Up  
400m Dash----- Primary to Midget  
50m Dash-----Munchkin (5 & under)

### 30 MINUTE BREAK

4x100m Relay-----All  
200m Dash-----Sub-Youth and Up  
1500M/3000Race Walk-----Sub-Bantam & Up  
4x400m Relay-----Bantam & UP

### FIELD EVENTS (START TIME 8:00 AM)

Long Jump-----ALL (Oldest to Youngest)  
Shot Put-----All  
Turbo Javelin-----6yrs-12yrs. Primary-Midget.

**MEET LOCATION: CRUMP STADIUM  
12321 HIGH STAR HOUSTON,  
TEXAS 77072**



The Amateur Athletic Union of the U.S., Inc., licenses this event

- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to 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.aausports.org](http://www.aausports.org) to obtain their membership.

**\*Only relay teams with current AAU team membership for all athletes will be allowed participate in the meet relays.. \*Meet pre-registration through Coach O Only. No refunds or exchanges after the deadline for early registration. Registration deadline: Wednesday May 10, 2023 12:00 Midnight. No walk ups. No Late Entries. No Refunds. No Exceptions per AAU Management. All coaches must be registered AAU Members.**