

WELCOME COACHES: FREE ENTRY, FREE BREAKFAST AND LUNCH

**TRACK DYNAMITE
ANNUAL INVITATIONAL TRACK MEET**

MAY 21, 2022



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 15-17, 2022, LANDOVER, MD
- ✓ COLLEGE RECRUITERS PRESENT

8:00 AM

ROLLING SCHEDULE

ALL RUNNING EVENTS ARE TIMED FINALS

RUNNING EVENTS:

1500M RACEWALK (ALL AGE GROUPS)
3000M RUN (11-18)
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 AND BOYS)
400M DASH (ALL AGES GROUPS)
400M HURDLES (15-18 GIRLS AND BOYS)
200M HURDLES (11-14 GIRLS AND BOYS)
200M DASH (ALL AGE GROUPS)
1500M RUN (ALL AGE GROUPS)
4x400M 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. SPECTATOR BANDS
- ✓ SATURDAY MAY 21, 2022, GATES OPEN AT 6:30AM
- ✓ CONTACT COACH ROSSUM @469-667-0881 OR DYNAMITE346@GMAIL.COM