

# 6<sup>th</sup> Annual “No Ego” Track Meet hosted by Flight International Track Club sponsored by No Ego Apparel



Flight International Track Club  
Carol Brantley  
(512)287-9495

Track Meet Schedule  
May 21, 2016  
Mc Neil High School  
5720 Mc Neil Drive  
Austin, Texas 78729

Entry fee is \$5.00 per Athlete –Payable at gate or to pay in advance please contact Coach Carol Brantley (512)287-9495  
Make checks payable to Flight International Track Club  
Admission Fee \$5.00 per person, Under 4 Free

**Gates Open @ 6:30 A.M.**

Coaches Meeting 7:00 A.M.  
All age Divisions Boys and Girls  
Field Event Begins @ 7:30 A.M.

DISCUSS	17-18 M/W, 15-16 B/G, 13-14 B/G, 11-12 B/G
SHOT PUT	8 & Under G/B, 9-10 G/B, 11-12 G/B, 13-14 G/B, 15-16 G/B, 17-18 W/M
LONG JUMP	8 & Under G/B, 9-10 G/B, 11-12 G/B, 13-14 G/B, 15-16 G/B, 17-18 W/M
TRIPPLE JUMP	13-14 G/B, 15-16 G/B, 17-18 W/M
HIGH JUMP	9-10 G/B, 11-12 G/B, 13-14 G/B, 15-16 G/B, 17-18 W/M
POLE VAULT	13-14 G/B, 15-16 G/B, 17-18 W/M, OPEN W/M
TURBO JAVELIN	8 & Under G/B, 9-10 G/B, 11-12 G/B

\*FIELD EVENTS FOR DIVISION 8 & UNDER THRU 11-12 WILL BE A (3) JUMP/THROW FINAL  
\*FIELD EVENTS FOR DIVISION 13-14 THRU 17-18 WILL BE A (4) JUMP/THROW FINAL

**Morning Session** Running Events Begin @ 8:00 A.M.  
12 and Under Boys and Girls

1500M RW	9-10 G/B, 11-12 G/B, 13-14 G/B, 15-16 G/B, 17-18 W/M
3000M RUN	11-12 G/B, 13-14 G/B, 15-16 G/B, 17-18 W/M
4X100M RELAY	8 & Under G/B, 9-10 G/B, 11-12 G/B
800M DASH	8 & Under G/B, 9-10 G/B, 11-12 G/B
100M DASH	8 & Under G/B, 9-10 G/B, 11-12 G/B, 5 & Under 50/100 Meter
400M DASH	8 & Under G/B, 9-10 G/B, 11-12 G/B
800M MEDLEY RELAY 100,100,200,400	8 & Under G/B, 9-10 G/B, 11-12 G/B
1500M RUN	8 & Under G/B, 9-10 G/B, 11-12 G/B
4X400M RELAY	8 & Under G/B, 9-10 G/B, 11-12 G/B

**Afternoon Session** Running Events begin @ 12:30 P.M.  
13 and up, Open and Masters Men and Women

4X100M RELAY	13-14 G/B, 15-16 G/B, 17-18 W/M, OPEN & MASTERS W/M
800M DASH	13-14 G/B, 15-16 G/B, 17-18 W/M, OPEN & MASTERS W/M
100M HURDLES	13-14 G/B, 15-16 G/B, 17-18 W/M, OPEN & MASTERS W/M
110M HURDLES	15-16 G/B, 17-18 W/M, OPEN & MASTERS W/M
100M DASH	13-14 G/B, 15-16 G/B, 17-18 W/M, OPEN & MASTERS W/M
400M DASH	13-14 G/B, 15-16 G/B, 17-18 W/M, OPEN & MASTERS W/M
200M HURDLES	13-14 G/B
400M HURDLES	15-16 G, 17-18 W, 15-16 M, 17-18M, OPEN & MASTERS W/M
1600M MEDLEY RELAY, 200,200,400,800	13-14 G/B, 15-16 G/B, 17-18 W/M
1500M RUN	13-14 G/B, 15-16 G/B, 17-18 W/M
4X400M RELAY	13-14 G/B, 15-16 G/B, 17-18 W/M



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### MEET RULES

- THIS EVENT IS LICENSED BY THE AMATEUR ATHLETIC UNION OF THE U.S., INC
- ALL PARTICIPANTS MUST HAVE A CURRENT AAU MEMBERSHIP
- AAU MEMBERSHIP IS NOT INCLUDED AS PART OF THE ENTRY FEE TO THE EVENT
- AAU **YOUTH** ATHLETE MEMBERSHIP MUST BE OBTAINED BEFORE THE COMPETITION BEGINS EXCEPT WHERE THE EVENT OPERATOR HAS A LAPTOP AVAILABLE WITH AN INTERNET CONNECTION ( WE WILL NOT HAVE THIS OPTION AVAILABLE)
- **BE PREPARED: ADULT AND NON ATHLETE MEMBERSHIPS ARE NOT LONGER INSTANT AND CANNOT BE APPLIED FOR AT EVENT. PLEASE ALLOW 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.
- ALL EVENTS WILL BE ON A ROLLING SCHEDULE
- PARTICIPANTS MUST HAVE AN ARMBAND TO COMPETE
- COACHES WILL BE ASKED TO HELP AS NEEDED
- ALL COACHES WILL BE ADMITTED FREE

### FEES AND AWARDS

- GATES OPEN AT 6:30A.M.
- ENTRY FEE IS \$5 PER ATHLETE PAYABLE AT GATE OR TO PAY IN ADVANCE CONTACT CAROL BRANTLEY AT (512)287-9495. IF PAYING BY CHECK PLEASE MAKE OUT TO FLIGHT INTERNATIONAL TRACK CLUB
- GENERAL ADMISSION IS \$5 PER PERSON, UNDER 4 IS FREE
- ALL SPECTATORS AND ATHLETES WILL ENTER THROUGH THE LEFT SIDE OF THE STADIUM BY THE TENNIS COURTS
- MEDALS WILL BE AWARDED TO THE TOP THREE FINISHERS IN EACH EVENT, PRIMARY INCLUDED
- ALL OTHER 5 YR OLDS AND UNDER WHO PARTICIPATE IN THE SPECIAL 50/100 METER DASH WILL BE AWARDED PARTICIPATION RIBBONS

<u>AGE DIVISION</u>	<u>BIRTH YEAR</u>
8 and Under	2008+
9 and 10	2007-2006
11 and 12	2005-2004
13 and 14	2003-2002
15 and 16	2000-2001
17 and 18	1998-1999
19 – 22	1997-1994
Open & Masters	