



**“No Ego” Track Meet** hosted by  
**Flight International Track Club**  
2014 Annual Track and Field Meet

**DATE:** May 17, 2014

**MEET LOCATION:** McNeil High School  
5720 McNeil Drive  
Austin, Texas 78729

**ADMISSION: \* \$5.00 per athlete \$5.00 per spectator**  
\*Two coaches per team/working coaches are free.  
\*AAU membership is not included in the admission price.

**Teams can register at McNeil High School Field the morning of the meet  
Beginning at 6:30 am  
Spectators can get wristbands at 7:30 am**

**2 Coaches Per Team of 40 & Below Athletes  
1 Additional Coach per 20 more Athletes over 40 (Example, 60 kids = 3 coaches, 80 kids = 4 coaches)**

**We accept checks, money orders or cash for registration**

**ENTRY RULES:** Athlete and/or club participants must obtain a current AAU membership before competition begins and have paid all entry fees.

**AAU CARDS:** AAU membership card can be obtained by logging in and register at [www.aausports.org](http://www.aausports.org) .

**DIVISION GUIDELINES:** The athletes division will be determined by their age as of December 31 of the current year. Birth Certificates will serve as proof of the participants' age if required. Athletes must run in only one age division.

**Primary** (Born 2006 & After)

**Sub Bantam** (Born 2005)

**Sub Midget** (Born 2003)

**Sub Youth** (Born 2001)

**Intermediate** (Born 1998-1999)

**Bantam** (Born 2004)

**Midget** (Born 2002)

**Youth** (Born 2000)

**\*Young Men/Women** (Born 1996-1997)

**\* (Athlete cannot reach the age of 19 before the end of the current Junior Olympics)**

**SANCTIONS:** This event is sanctioned by the Amateur Athletic Union of the U.S., Inc.

If you have any questions please contact Coach Brantley at 512-287-9495



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Coaches meeting will start at 7:30 am. Field events start at 8:00 am. Distance races listed below will begin at 8:00 am and will be on a rolling schedule.

## **Field Events Start @ 8:00 am**

### **Long Jump**

Primary-Girls/Boys  
Bantam/Sub Bantam-Girls/Boys  
Midgets/Sub Midgets-Girls/Boys  
Sub-Youth/Youth-Girls/Boys  
Intermediates-Girls/Boys  
Young-Women/Men

### **Triple Jump**

Sub-Youth/Youth-Girls/Boys  
Intermediates-Girls/Boys  
Young-Women/Men

### **Discus**

Midget/Sub Midgets-Girls/Boys  
Youth/Sub Youth-Girls/Boys  
Intermediates-Girls/Boys  
Young-Women/Men

### **Shot Put**

Primary-Girls/Boys  
Bantam/Sub Bantam-Girls/Boys  
Midgets/Sub Midgets-Girls/Boys  
Sub-Youth/Youth-Girls/Boys  
Intermediates-Girls/Boys  
Young-Women/Men

### **High Jump**

Midget/Sub Midgets-Girls/Boys  
Youth/Sub Youth-Girls/Boys  
Intermediates-Girls/Boys  
Young-Women/Men

### **Pole Vault**

Youth/Sub Youth-Girls/Boys  
Intermediates-Girls/Boys  
Young-Women/Men

## **4x800m Relay Starts @ 8:00 am**

Intermediate Boys/Girls

## **3000m Run @ 8:40 am**

All divisions

## **1500m Race Walk Immediately @ 9:15 am**

All divisions

## **Sprint Medley Relay @ 9:45 am**

Youth & Intermediate Boys/Girls, & Young Men/Women

**CONCESSIONS WILL BE AVAILABLE FOR YOUR CONSUMPTION**



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## **Running Events start @ 12:30 pm**

All Events on a Rolling Schedule

80m hurdles	Midgets Girls/Boys
100m hurdles	Sub Youth Girls to Young Women
100m hurdles	Sub Youth Boys
110m hurdles	Intermediate/young Men
4x100m Relay	Coaches/Parent
4x100m Relay	All Divisions
800m Run	All Divisions
200m hurdles	Sub Youth & Youth Girls Only
200m hurdles	Sub Youth & Youth Boys Only
50m Dash	Munchkins 5yr & Under
100m Dash	All Divisions
400m Dash	All Divisions
400m hurdles	Sub Youth to Young Women
400m hurdles	Sub Youth to Young Men
200m Dash	All Divisions
1500m Run	All Divisions
4x400m Relay	All Divisions

**Note: NO parents or spectators will be allowed on the infield. All running events will be hand timed and recorded for record purposes. For any questions please call (512) 287-9495 or email us at [flightintltrackclub@gmail.com](mailto:flightintltrackclub@gmail.com).**

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