

5th Annual Friday Night Relays

JUNE 14, 2019

**Beverly D. Humphrey Tiger Stadium
200 E. Wintergreen Rd.
Lancaster, TX 76013**



MEET RULES:

- ALL EVENTS WILL BE ON A ROLLING SCHEDULE
- THIS IS A USATF SANCTION TRACK MEET
- ALL USA TRACK AND FIELD RULES WILL APPLY FOR THIS MEET
- 8 & UNDER THRU 11-12 AGE DIVISIONS MAY COMPETE IN A MAXIMUM OF 3 EVENTS
- 13-14 THRU 17-18 MAY COMPETE IN A MAXIMUM OF 4 EVENTS
- SPECTATORS AND PARTICIPANTS MUST HAVE AN ARMBAND TO ENTER IN STADIUM
- YOU MUST PRE-REGISTER ONLINE TO PARTICIPATE IN THIS MEET**

<https://www.directathletics.com/meets/track/60658.html>

FEES AND AWARDS:

- ALL COACHES WILL BE ADMITTED FREE WITH CURRENT USATF MEMBERSHIP CARD or LISTED ON COACH'S REGISTRY
- GENERAL ADMISSION IS \$10 PER PERSON & KIDS 4 AND UNDER IS FREE
- MEDALS AWARDED TO THE TOP THREE FASTEST TIMES/JUMPS IN EACH AGE DIVISION
- A PLAQUE WILL BE GIVEN TO 1ST PLACE TEAM COACH IN EACH RELAY AGE DIVISION

AGE DIVISION/BIRTH YEAR

8 & Under 2011+	13-14 2005-2006
9-10 2009-2010	15-16 2003-2004
11-12 2007-2008	17-18 2001-2002

**\$1,000 TRAVEL STIPEND
WILL BE GIVEN AWAY
TO THE CLUB WITH THE
MOST PAID REGISTERED
ATHLETES**

SCHEDULE:

3:30PM FIELD EVENTS & 1500m RUN
5:00PM COACH'S MEETING
5:30PM NATIONAL ANTHEM
6:00PM RUNNING EVENTS

FIELD EVENTS:

LONG JUMP (3:30pm) 9-10,11-12,13-14,15-16,17-18,OPEN,MASTERS
HIGH JUMP (3:30pm) 9-10,11-12,13-14,15-16,17-18,OPEN,MASTERS

RUNNING EVENTS:

(FAT WILL BE USED)

4X100M RELAY 8 & UNDER,9-10,11-12,13-14,15-16,17-18,OPEN
60M MUNCHKIN DASH 8 & UNDER(GIRLS ONE SIDE/BOYS OTHER SIDE)
4x200M RELAY 9-10,11-12,13-14,15-16,17-18,OPEN,MASTERS
100M DASH OPEN/MASTERS
1500M RUN (3:30pm) 9-10,11-12,13-14,15-16,17-18,OPEN,MASTERS
4X400M RELAY 8 & UNDER,9-10,11-12,13-14,15-16,17-18,OPEN

GIRLS WILL RUN FIRST IN AGE DIVISION FOLLOWED BY BOYS IN AGE DIVISION

Any questions about this meet can be directed to
Coach Menendez 205-447-0668 cell

or email, fridaynightrelays@gmail.com.

www.fridaynightrelays.com

"COME OUT FOR A NIGHT OF FUN AT THE TRACK"

