



# NORTHWEST FLYERS TRACK MEET

Saturday May 29,2021

**\*\*\* Prairie View A&M University \*\*\***

700 University Drive  
Prairie View, Texas 77466

## **AM Session Ages 8 and Under, 9-10, 11-12**

### Rolling Schedule:

### Running Events (Fully Automatic Timing)

<b>7:30am</b>	3000 Meter Run	(11-12 Only)
*	800 Meter Run	(8 & under, 9-10, 11-12)
*	4 x 100 Meter Relay	(8 & under, 9-10, 11-12)
*	80 Meter Hurdles	(11-12 Only)
*	100 Meter Dash	(8 & under, 9-10, 11-12)
*	400 Meter Dash	(8 & under, 9-10, 11-12)
*	1500 Meter Run	(8 & under, 9-10, 11-12)
*	4 x 400 Meter Relay	(8 & under, 9-10, 11-12)

### Field Events

<b>8:00am</b>	Long Jump	(8 & under, 9-10, 11-12)
*	Turbo Javelin	(8 & under, 9-10, 11-12)
*	Shot Put	(8 & under, 9-10, 11-12)
<b>9:00am</b>	High Jump	(9-10, 11-12)
<b>11:00am</b>	Discus	(11-12)

\* Immediately upon completion of the previous listed event

## **PM Session Ages 13-14, 15-16, 17-18**

### **Rolling Schedule:**

#### **Running Events (Fully Automatic Timing)**

<b>1:15pm</b>	1500/3000M Race Walk	(9-10, 11-12, 13-14, 15-16, 17-18)
<b>2:00pm</b>	2000M Steeplechase	(15-16, 17-18)
*	4 x 100 Meter Relay	(13-14,15-16, 17-18)
*	800 Meter Run	(13-14,15-16,17-18)
*	100/110 Meter Hurdles	(13-14, 15-16, 17-18)
*	100 Meter Dash	(13-14, 15-16, 17-18)
*	Sprint Medley (200/200/400/800)	(13-14, 15-16, 17-18)
*	400 Meter Dash	(13-14,15-16,17-18)
*	200/400 Meter Hurdles	(13-14 & Up)
*	1500 Meter Run	(13-14, 15-16, 17-18)
*	4 X 400 Meter Relay	(13-14, 15-16, 17-18)

#### **Field Events**

<b>12:30pm</b>	Hammer	(17-18, 15-16) oldest to youngest
<b>1:30pm</b>	Javelin	(13-14 & Up)
*	Long Jump	(13-14 & Up) oldest to youngest
*	Triple Jump	(13-14 & Up)
*	Shot Put	(13-14 & Up)
<b>2:00pm</b>	Pole Vault	(13-14 & Up)
*	High Jump	(13-14 & Up)
*	Discus	(13-14 & Up) oldest to youngest

\* Immediately upon completion of the previous listed event

Sanction: USA Track & Field (USATF)

**Meet Director: Tony Runnels (832) 489-0739 or [tonyrunnels@sbcglobal.net](mailto:tonyrunnels@sbcglobal.net)**

Senior Advisor: Pal Roach (832) 671-3544 or [pal\\_roach@hotmail.com](mailto:pal_roach@hotmail.com)

Club Directors: Calandra Lake [ambiance3@att.net](mailto:ambiance3@att.net)

Troy Hubert [ttzhubert@yahoo.com](mailto:ttzhubert@yahoo.com)

Troy Spencer [longsprints@gmail.com](mailto:longsprints@gmail.com)

Announcer: Kwasi English

Registration:

Online Registration at [www.Athletic.net](http://www.Athletic.net) Fees are due upon registration to secure your athlete in an event. Due to COVID19 and time constraints, we have limited the number of participants in each event. **Once we have reached capacity in each event, there will be no “Add-On’s” or late registration.**

Entry Fee:

**\$12.00 each for participating athletes**, all athletes must have USATF card (Reminder – early payment secures your athlete in an event)

**\$8.00 all spectators each session, 5 and under free (NO FULL DAY PASSES)**

**USATF Registered Coaches that have been Safe-Sport Cleared with a background check may enter the meet free of charge.**

Non-USATF Registered teams will only receive 3 Coaching Passes for every fifty (50) athletes entered.

Divisions:

Girls and Boys: **8 & under** (2013 & younger), **9-10** (2011-2012), **11-12** (2009-2010), **13-14** (2007-2008), **15-16** (2005-2006), **17-18** (2003-2004). Ages as of December 31, 2021.

Awards:

All – ribbons for first six places overall per event All

– **medals for 1<sup>st</sup> – 3<sup>rd</sup> place** overall

Rules:

**An athlete may participate in 3 events maximum, this includes relays (applies to ALL age brackets).**

**Blocks will be permitted on all relays (13-14 and up), hurdle races (13-14 and up) and 100m dash (13-14 and up), \*No Blocks in any other races\***

**Clubs will be limited to a maximum of three relay teams per club, per event, per age group. Sprint Medley may have one team per age group.**

Meet Procedure:

Meet shall be in accordance with USA Track & Field Youth Athletics rules and regulations. 1/8 or 1/4 inch spikes or flats.

Misc.:

Each team is responsible for leaving the grounds and bleacher areas clean. Restrooms and concessions are available.

COVID19:

All participants, coaches, parents, spectators, officials, workers, ANYONE in the PVAMU athletics complex must comply with USATF Gulf Assoc, PVAMU, city, county, and state COVID19 protocols in effect at the time. **NO EXCEPTIONS!**

# PVAMU Track Complex



**Prairie View A&M University**, commonly abbreviated **PVAMU** or **PV**, is an HBCU located in [Prairie View, Texas](#), United States (just northwest of [Houston](#)). The university is a member of the [Texas A&M University System](#) and [Thurgood Marshall College Fund](#).

The PVAMU Track Stadium opened in July 2016 as the United States Track and Field team held its final training camp at the facility before heading on to the Rio Olympics. The track is part of a brand new state of the art \$60+ million athletic complex.

The surface is an epiQ TRACKS® Z5000, an IAAF certified running track that offers superior control, cushioning, energy return, and performance. The project also includes the construction of field event areas for javelin, high jump, pole vault, shot put, hammer throw, steeplechase, and others.

**A special thanks to our corporate sponsors for supporting the Northwest Flyers Track Club!**