

MEET INFORMATION

US Express Invite Track and Field Classic

May 18, 2024

Denham Springs High School

1000 North Range Avenue
Denham Springs, LA 70726



Host: US Express Track Club

Byron Turner
225-892-3489

Email: byronturner@usexpresstrackclub.org

www.saau.org

www.usexpresstrackclub.org

Change April 26, 2024

ENTRY INFORMATION AND INSTRUCTION

Entry Procedure

1. All entries will be done electronically through www.athletic.net.
2. Entry Deadline is **May 15th at 10pm (NOT MIDNIGHT)** Entries may be made as early as **April 1st** You may make changes as often as you wish until the entry deadline.
3. No Faxed or Phoned entries will be accepted.
4. This event is sanctioned by the Amateur Athletic Union of the U. S., Inc. and AAU Membership card is required.

Entry Fees

1. Entry fees are **\$15.00** per athlete and **FREE** per relay team
2. Payment will be made online through www.athletic.net
3. Certified officials and volunteers who come to work the meet, entry fee is **free** with Officials ID or volunteer verification.

TEAM PACKET PICKUP

Coaches can pick up their team's meet packet at check in area identified in front of stadium beginning 1 hour prior to the first event+

UNATTACHED PACKET PICKUP

Unattached athletes can pick up there packet at check in area identified in front of stadium beginning 1 hour prior to the first event and will continue throughout the day.

MEET PACKETS

Packets will possibly include heat sheets, time schedule, event combination plan, athlete and coaches wrist bands and/or bib numbers if used. **Coaches' access will be provided at a rate of 1 per 8 athletes.** All others will be required to pay.

SPECTATORS

General Public Admission cost is \$12.00 per person. kids 3 yrs and younger. Go to www.usexpresstrackclub.org to purchase tickets online. If you plan to purchase at the gate, it will be **CASH ONLY!!!**

AGE GROUPS

<u>Division</u>	<u>Birth Year</u>	<u>Maximum Events</u>
6 and under	2018 and under	3
7 – 8 Division	2016 – 2017	3
9 yr Division	2015	3
10 yr Division	2014	3
11 yr Division	2013	3
12 yr Division	2012	3
13 yr Division	2011	3
14 yr Division	2010	4
15-16 Divison	2006-2007	4
17-18 Division	2002-2005	4

TRACK AND FIELD EVENT Meet Schedule

9:00 AM	400 Meter Hurdles (36")	Boys Age 15 yrs and Up
	400 Meter Hurdles (30")	Girls Ages 15yrs and Up
	200 Meter Hurdles (30")	13 – 14 yr Division
	3000 Meter Run	Age 11 and up
	100 Meter Dash	13 – 18 yr, Open and Masters
	3000 Meter Race Walk	13 – 18 yr, Open and Masters
	400 Meter Dash	13 – 18 yr, Open and Masters
	1500 Meter Run	13 – 18 yr, Open and Masters
	4x100 Meter Relay	13 – 18 yr, Open and Masters
	800 Meter Run	11 – 18 yr, Open and Masters
	110 Meter Hurdles	Boys 15 yrs and up
	100 Meet Hurdles	Girls 13 yrs and up, Boys 13-14
	80 Metter Hurdles	Ages 11 and 12
	200 Meter Dash	13- 18 yrs, Open and Masters
	4x400 Meter Relay	13–18 yrs, Open and Masters
	100 Meter Dash	12 and Under
	1500 Meter Run	9 – 12 yrs
	400 Meter Dash	7 – 12 yrs
	4x100 Meter Relay	7 – 12 yrs
	800 Meter Run	7 – 10 yrs
	200 Meter Dash	12 yrs and Under
	1500 Meter Race Walk	7 – 12 yrs
	4x400 Meter Relay	7 – 12 yrs

Field Event Finals (Younger to Older)

9:00 AM	Long Jump	Open, Masters, 17-18, 15-16, 13-14, 11-12, 10 and Under
	Triple Jump	All Ages to be competed after 13-14 on one of the two pits.
	Shot Put	Open, Masters, 13–18 Girls, 13 – 18 Boys, 11 and Under
	Discus	Open, Masters, 15–18 Boys, 15 – 18 Girls, 13-14 Boys, 13-14 Girl, 11-12 Boys and girls
After Completion of Discus		
	Turbo Javelin	7 – 12 yrs
After Completion of Turbo Javelin		
	Javelin	Open, Masters, 13 – 18 yrs

10:00 AM Pole Vault 13-18 Boys and Girls

11:00 AM High Jump 9 yrs on up

Field Events will be contested with each entry having three (3) attempts except for high jumps. The competition rules apply.

No Finals, event awards are based on top competitors in each age division. All events will follow the order stipulated.