



USATF/LIONS 20TH ANNUAL RELAYS



Keep this for your reference

WHEN: Sunday, Nov 15, 8-5
WHERE: St. Michaels Academy, 3000 Barton Creek, Austin, Tx 78735
<http://www.mapquest.com/maps?city=Austin&state=Tx&address=3000+Barton+Creek+Blvd&zipcode=78735>

ENTRY FEES: ONLINE - \$15/1ST event, \$5 thereafter
<http://usatfsouthtexas.org/schedule.htm>
MAIL-IN - \$25/1ST event, \$10 thereafter
(Help us save you money by registering online)

SPECIALS: USATF Members that register ONLINE:
\$5/event, \$25 for Unlimited Events.
Join USATF at:
<https://www.usatf.org/membership/application/index.asp>

LATE FEES(after 11-11): ALL EVENTS \$25 EACH, NO SPECIALS APPLY.
*****NO DAY OF MEET REGISTRATION EXCEPT FOR RELAY EVENTS*****

FIELD EVENT SCHEDULE

9:00 High Jump(Flt A-age 18 and under)	10:00 Pole Vault(starting height below 10')
10:00 High Jump(Flt B-age 19 and above)	11:00 Pole Vault(starting height 10-11' 11")
10:00 Long Jump(Flt A-Age 18 and under)	12:00 Pole Vault(starting height 12'-13' 11")
11:00 Long Jump(Flt B-Age 19 and above)	1:00 Pole Vault(starting height 14' and above)
12:00 Triple Jump(all)	

NOTE: NO THROWING EVENTS AT THIS MEET

TRACK EVENT SCHEDULE (Rolling Start, **FINISH LYNX TIMING**)

8:00 AM: 1500 Racewalk, 3k Run, 3k Racewalk, 5k Run
11:00AM: 50, 100/110 Hurdles, 100, 800, 4x100 Relay, 200, 2x4 Relay, 300/400 Hurdles, 4x200 Relay, 2x100 Relay, 400, 2x200 Relay, 1500, 4x400 Relay

NEED INFO: Seth Brower (512-794-3818); track4life@earthlink.net

Special Events: 9 - 9:45AM **Marion Jones "Take a Break"**
9:45 - 10:30AM **Sprinters Clinic**