



RUNNING RAVENS



Track & Field Athletic Meet

April 28 2017

Royal High School

34499 Royal Rd, Brookshire, TX 77423

coacho registration required / NO WALK-UPS

Admission: Athletes and Spectators \$6
(A Maximum of 5 Uniformed Coaches Free) Kids 5 & Under - Free)

Gates Open: 7:00am

Coaches Meeting: 7:45am (*Sharp*)

1500/3000rw 9 & Up (8:00)

3000m 11 & Up (8:15)

Rolling Schedule Starts at 9:00am

80m Hurdles (30")	11 - 12 Boys & Girls
100m Hurdles (33")	13 - 14 Boys & Girls / 15-16 Girls / 17-18 Women
110m Hurdles (39")	15 - 16 Boys / 17-18 Men
100m	13yrs & Up
800m	8yrs - 12yrs
4x100	All
200m Hurdles (30")	13 - 14 Boys & Girls
50m	6yrs & Under
400m	13yrs & Up (oldest youngest)
200m	8yrs - 12yrs
1500m	All
4x400	10yrs & Up

Field Events (Start at 8:00am)

Long Jump	All (Youngest-Oldest)
Discus	11yrs & Up
Shot Put	8yrs & Up (after Discus)
Triple Jump	13yrs & Up (Oldest-Youngest)
Turbo Javelin	8yrs - 12yrs (Oldest-Youngest)
High Jump	9yrs & Up

Registration (ENDS 4/25/17) Coacho.com

EARLY PACKET PICK UP

BY REQUEST ONLY (CALL, EMAIL, TEXT)

Call or Text 713.494.2092 for location
- Make Checks & Money orders out to
Cy-Running Ravens.

"It's Recommended that the athlete have their own instruments"

*The athletes year of birth shall determine their age division
not the athletes current age.

- Only 2 Coaches Max per team allowed on the infield

- This event is licensed by the Amateur Athletic Union of the U. S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU membership must be obtained before the competition begins.
- BE PREPARED! Adult and Non Athlete memberships are no longer instant and cannot be applied for at event. Please allow at least 10 days for membership to be processed. Participants are encouraged to visit the AAU website www.ausports.org to obtain their membership.

More Meet Information

Coach Tony W.

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713.494.2092

runningravens.com

