



USATF ALL-COMERS MEET

Keep this for your reference

WHEN: Saturday, March 28, 7:30-5:30
WHERE: McNeil High School, Round Rock/Austin, Tx
ENTRY FEES: \$15/1ST event, \$5 thereafter. LATE FEES(after March 20): \$20 1st event, \$10 thereafter.

Make checks payable to: Track4Life
Mail to: PO Box 28542, Austin, Tx 78755

NO DAY OF MEET REGISTRATION EXCEPT FOR RELAY EVENTS

DIRECTIONS: From I35, take Parmer Lane exit. Travel 4.8 Miles West to McNeil Rd. Turn Right and go .6 Miles to Stadium on left. Address is 5720 McNeil Rd, Austin, Tx 78729

FIELD EVENT SCHEDULE

9:00 High Jump(Flt A-starting height below 4'6")	9:00-12 Open(Javelin, Discus, Shot)
10:00 High Jump(Flt B-starting height 4'6")	12-2:00 Open(Weight, Hammer)
10:00 Long Jump(Flt A-Age 18 and under)	9:00AM TP(Throws Pentathlon)*
11:00 Long Jump(Flt B-Age 19 and above)	2:00 Superweight
11:00 Pole Vault(Flt A-starting height below 10')	Final Throws flights will depend on numbers registered and separate notice will be sent
12:00 Triple Jump	
12:00 Pole Vault (Flt B-starting height 10'-11'11")	
1:00 Pole Vault(Flt C-starting height 12'-13'11")	
2:00 Pole Vault(Flt D-starting height 14" and above)	

TRACK EVENT SCHEDULE(Rolling Start, Sprint Tech Timing)

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

Medals awarded to top 3 in each age group by sex as follows:

18 & under by DOB in 2 year increments, Open(19-29), 5 years increments starting at age 30(30-34, 35-39, etc)
Relays awarded on 10-yr age groups based on age of runner nearest Open Division(19-29)

NEED INFO? Contact Seth Brower(512-794-3818); track4life@earthlink.net
Waterlootrackandfield.org