

Track and Field Meet "Sizzlin' Somerset"

(No Pole Vault, High Jump, Discus, or Javelin)



May 20, 2023: Somerset High School – 7650 S Loop 1604 W
Somerset, TX 78069

Meet Schedule: Rolling Schedule (All Field Events and Running Events)

Meet Director: Coach Parker, 210-834-3282 universalcityaautrack@gmail.com

ATHLETE FEE: \$7.00 **pay at the event ONLY** (No Pre-Registration)
Gates open at 6 a.m.

SPECTATOR FEE: \$7.00

AGE: 5 – 18 for youth meets

TIME: 7:00 AM – to completion of rolling schedule

- * Competitors should bring their own implements to be used at Meet.
 - This event is licensed by the Amateur Athletic Union of the U.S., Inc.
 - **All participants must have a current AAU membership and will be checked at the gate.**
 - AAU membership may not be included as part of the entry fee to the event.
 - AAU Youth Athlete membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection.
 - Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership
- Be Prepared:** Adult and Non-Athlete memberships are no longer instant and cannot be applied for at event. Due to background screenings, please allow up to 10 days for adult memberships to be processed.
- * **Coaches Wristbands will be given to the HEAD COACH ONLY. NOTE: In the spirit of the AAU BE PREPARED campaign of ensuring the safety of our youth, all coaches are required to wear their AAU non athlete card (clipped chest high or lanyard) in order to participate/be allowed on the field in all prep meets.**

By attending this meet, you acknowledge that there is an inherent risk of exposure to COVID-19 in any public space where people are present. By attending the Welcome Back to Summer Track, you and any family members(s) and/or guest(s) voluntarily assume any and all risks related to exposure to COVID-19 and agree not to hold San Antonio AAU Track or any of its founders, directors, officers, staff, volunteers, affiliates, coaches, agents, contractors, or members liable for any illness or injury.

FOR MORE INFORMATION:

Coach Parker

210-834-3282 email: universalcityaautrack@gmail.com

7:00 A.M. START TIME WITH “A ROLLING SCHEDULE”

“Events are Subject to Change on event day”

3000 METER RUN.....SM 11U-M 12u-SY13u-Y14u-I 15-16 YM/W 17-18
4 X 100 METER RELAY.....ALL DIVISIONS
800 METER RUN.....ALL DIVISIONS
110 METER HURDLES (10-39").....IB-YM Age 15-16
100 METER HURDLES (10-33").....SYB, YB, IG, YW Age 13u-16u
100 METER HURDLES (10-30").....SYG, YG Age 13-14
80 METER HURDLES (8-30").....SM-M-B&G Age 9u-12u
100 METER DASH.....ALL DIVISIONS
4 X 800 METER RELAY.....Y-I-YM/W Age 15-18
400 METER DASH.....ALL DIVISIONS
400 METER HURDLES (10-36").....IB-YM Age 15-18 (Subject to change)
400 METER HURDLES (10-30").....IG-YW Age 15-18 (Subject to change)
200 METER HURDLES (8-30").....SYG-SYB, YG-YB Age 13-14
200 METER DASH.....ALL DIVISIONS
1500 METER RUN.....ALL DIVISIONS
4 x 400 METER RELAY.....B--M--Y-I-YM/W Age 9u-18

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MEET
ORDER OF FIELD EVENTS

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8:00 – Boys Shot Put

Girls Discus

Primary THRU Midget Boys/Girls Long Jump Pit 1 8u-12u

Sub-Bantam THRU Midget Boys/Girls High Jump Pit 1 9u-12u

9:00 - Girls Pole Vault (When Available)

9:30 – Young Men Long Jump Pit 1 Age 17-18

Young Women Long Jump Pit 2 Age 17-18

10:00 – Boys Discus

Girls Shot Put

SY & Youth Boys High Jump Pit 1 Age 13-14

SY & Youth Girls High Jump Pit 2 Age 13-14

Boys Pole Vault (When Available)

11:00 – SY & Youth Boys Long Jump Pit 1 Age 13-14

SY & Youth Girls Long Jump Pit 2 Age 13-14

11:30 - Javelin All Divisions starting with the

12:00 – Intermediate Boys & Young Men High Jump Pit 1 Age 15-16

Intermediate Girls & Young Woman High Jump Pit 2 Age 15-16

1:00 – Boys Triple Jump Pit 3

Girls Triple Jump Pit 3

2:00 - Turbo Javelin will take place on the main football

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