



32nd Anniversary

NORTHWEST FLYERS TRACK MEET

May 25, 2019

***** Prairie View A&M University*****

700 University Drive
Prairie View, TX 77446

Saturday May 25th, 2019

“ROLLING” SCHEDULE

Running Events (Fully Automatic Timing)

7:30 AM	2000 Steeplechase	(15-16 & Up)
*	3000 Meter Run	(11-12) & (13-14)
*	80/100/110 Meter Hurdles	(11-12 & Up)
*	800 Meter Run	All
*	4 X 100 Meter Relay	All
*	400 Meter Dash	(9-10 & Under)
*	100 Meter Dash	All
*	1500/3000 Meter Race Walk	(9-10 & Up)
*	200/400 Meter Hurdles	(13-14 & Up)
*	200 Meter Dash	(11-12 & Up)
*	1500 Meter Run	All
*	4 X 400 Meter Relay	All

Field Events

7:30 AM	Hammer	(15-16 & Up)
8:00 AM	Long Jump	All (Youngest to Oldest)
*	Triple Jump	(13-14 & Up) (Oldest to Youngest)
8:30 AM	Shot Put	All (2 Rings-Youngest to Oldest)
9:00AM	Javelin	(13-14 & Up) (Oldest to Youngest)
*	Pole Vault	(13-14 & Up) (Youngest to Oldest)
10:00AM	High Jump	(9-10 & Up) (Youngest to Oldest)
1:00 PM	Discus	(11-12 & Up) (Oldest to Youngest)
*	Turbo Jav / Aero Jav	(11-12 & Under) (Oldest to Youngest)

Sanction: USA Track & Field (USATF)

Club Contact: Pal Roach (832) 671-3544 or
or pal_roach@hotmail.com

Announcer: Roosevelt Huggins

Club Directors: Pal Roach, Donnell Carter, Tony Runnels, Gregory Lake, Alan Sims, Troy Hubert,
Troy Spencer

Registration:

THE MEET WILL HAVE FULLY AUTOMATED TIMING (FAT). ALL ATHLETES ARE REQUESTED TO PRE-REGISTER / PAY BEFORE THE DEADLINE POSTED AT “Athletic.net”. Go to → <https://www.athletic.net/TrackAndField/meet/380941/info>

Entry Fee:

\$8.00 participating athletes, all athletes must have USATF card

\$7.00 all spectators 5 and under free. Coaches free with USATF coaches' card and a **cleared background check**

Divisions:

Girls and Boys: **8 & under** (2011+), **9-10yo** (2009-2010), **11-12yo** (2007-2008), **13-14yo** (2005-2006), **15-16yo** (2003-2004), **17-18yo** (2001-2002). Ages as of December 31, 2019.

Awards:

Medals for 1st – 3rd place overall

Ribbons for 4th – 6th place overall

Rules:

Athletes ages **11-12yo** and younger may compete in a maximum of **3** events including field events and running events.

Athletes **13-14yo** and older may compete in a total of **4** events but a maximum of 3 running events within the 4 events total. (4 running events not allowed)

Blocks will be permitted on all relays (13-14yo and up), hurdle races (13-14yo and up) and 100m dash (13-14yo and up)

No Blocks in any other races

Clubs will be limited to a maximum of three relay teams per club, per event, per age group.

Meet Procedure:

Meet shall be in accordance with USA Track & Field Youth Athletics rules and regulations. 1/8 or 1/4 inch spikes or flats.

Misc.:

Each team is responsible for leaving the grounds and bleacher areas clean. Restrooms and concessions are available.

PVAMU Track Complex



Prairie View A&M University, commonly abbreviated **PVAMU** or **PV**, is an HBCU located in [Prairie View, Texas](#), United States (just northwest of [Houston](#)). The university is a member of the [Texas A&M University System](#) and [Thurgood Marshall College Fund](#).

The PVAMU Track Stadium opened in July 2016 as the United States Track and Field team held its final training camp at the facility before heading on to the Rio Olympics. The track is part of a brand new state of the art \$60+ million athletic complex.

The surface is an epiQ TRACKS® Z5000, an IAAF certified running track that offers superior control, cushioning, energy return, and performance. The project also includes the construction of field event areas for javelin, high jump, pole vault, shot put, hammer throw, steeplechase, and others.

**A special thanks to our corporate sponsors for supporting the
Northwest Flyers Track Club!**