

SELRR- Invitational

June 10, 2017 Track & Field Meet

Date: Saturday, June 10, 2017

Location: Covington High School Track and Field Complex ,
Covington, LA

Time: Field 9:00am, Running 8:30am

This meet is sanctioned by the Southern AAU District. Each athlete must have a 2017 AAU membership card to compete.

Entry Fee: \$10.00 per Participant (Absolutely No Refunds)

Entry Procedure: Registration can be done online at www.coacho.com. Entry fees are due at the time of registration with a Master Card or Visa Card. Entries will not be processed if not paid online.

Entry Deadline: The online registration will close at 11:00 pm on Thursday, June 8, 2017.

6-u, 7-8's, 9's, 10's, 11's & 12's Divisions may compete in a maximum of 3 events, including relay participation. 13's, 14's, 15-16 and 17-18 may compete in a maximum of 4 events, including relay participation.

PROOF OF AGE WILL BE REQUIRED IF CHALLENGED

All participants are required to bring a copy of their birth certificate. All participants are required to have a 2017 AAU membership card. To purchase an AAU Membership card, please contact Norma Tregle at 1-800-AAU-4USA or register online at www.aauathletics.org. Participants must be prepared to show their AAU membership card at check-in. No athlete will be permitted to participate without a current AAU membership card.

- This event is sanctioned 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 **Youth** Athlete membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection.
- Be Prepared: Adult and Non Athlete memberships are no longer instant and cannot be applied for at event. Please allow 10 days for membership to be processed.**

- Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership

Admission: \$6 for Adults /\$3 for Children under 12. (Athletes must wear uniform to get in to meet free)

Meet Director: Miguel Becerra
Southeast Louisiana Roadrunners
Home (985) 542-2685
Cell (985) 320-4290

Running Events: Athletes will report to Clerk of Course for check-in. (Clerk of Course may reheat as required to reduce required heats.)

Field Events: Athletes will report to event for check-in.

Rules: The meet will be conducted under the AAU Youth Athletics Rules for Track and Field and the competitive rules of the National Governing Body.

Protest: There will be a \$50 cash protest fee. The protest must be in writing (page number & rule) and submitted within 30 minutes of the incident in question.

Awards: Medals will be awarded to the top-three finishers in each event. No awards will be mailed out after the meet.

Packet Pick-up: Packets for teams and unattached participants may be picked up beginning at 7:30 am at the entrance to the stadium.

Saturday, June 10, 2017

RUNNING EVENTS 8:30 AM

2000 Meter Steeple Chase 15-16/17-18 Girls and Boys (Dry Steeple using regular hurdles)
(36") 400 Meter Hurdles 15-16 and 17-18 Boys
(30") 400 Meter Hurdles 15-16 and 17-18 Girls
(30") 200 Meter Hurdles 13-14 Girls and Boys
3000m Run 11's thru 17-18's G/B
50m Dash 5-6's G/B Only
3200 Meter Relay 11-12 thru 17-18 G/B
1500m/3000m Racewalk - 9 thru 17-18 G/B
(39") 110m Hurdles 15-16 and 17-18 Boys
(33") 100m Hurdles 13-14 Boys and 15-16/17-18 Girls
(30") 100m Hurdles 13-14 Girls
(30") 80m Hurdles 11 and 12 G/B
100m Dash All Divisions (Youngest to Oldest)
800m Run 7-8's thru 17-18's (Youngest to Oldest)
4x100m Relay 7-8's thru 17-18 G/B
400m Dash 7-8's thru 17-18's (Youngest to Oldest)
200m Dash All Divisions (Youngest to Oldest)
1500m Run 8-u thru 17-18 G/B
4x400m Relay 9-10 thru 17-18 G/B

FIELD EVENTS 9:00 AM

9:00 AM Javelin Oldest to Youngest 17-18 thru 13-14 Boys/Girls
Followed by: Discus Youngest to Oldest

9:00 AM Pole Vault 13-14 thru 17-18 Boys/Girls

9:00AM Long Jump All Div. (Youngest to Oldest, Boys/Girls)

9:00AM High Jump (Oldest to Youngest, Boys/Girls)

Triple Jump will follow completion of the Long Jump
Oldest to Youngest

12:00 PM Turbo Javelin 6-below, 7-8's, 9, 10, 11 and 12's

1:00PM Shot Put 6-below, 7-8's thru 17-18's (Youngest to Oldest)

This schedule is subject to change without notice, depending upon the number of entries received. Some events may have combined age groups.

***All running events are TIMED FINALS. **All Jumps & Throws: (4 THROWS/JUMPS ONLY!)**

