

**Carment Kiara Track Club
Invitational Practice Meet
Rolling Start
8am Saturday, June 11, 2016**

Order of Events

Field Events—8:00 a.m.

1. Shot	Bantam-Open
2. Discus	Midget & Up
3. Board jump	Primary 5 & under only
4. Long jump	Super primary- Open
5. Triple jump	Youth- Open
6. High jump	Bantam-Open
7. Javelin	Youth-Open

Running Events 10 a.m.

8. 4x200 Relay		Super primary-Open
9. 3200m. Run		Super primary-Open
10. Sprint Medley		Super primary-Open
11. 4x 800 Relay		Super primary-Open
12. 110m. Hurdles	10@39"	Inter. Boys/Young Men/Open Men
13. 100m. Hurdles	10@33"	Inter. Girls/Young Women/Open Women
14. 10m. Hurdles	10@33"	Youth Boys
15. 100m. Hurdles	10@30"	Youth Girls
16. 80m. Hurdles	8@ 30"	Midget Boys/Girls
17. 400m. Relay		Super primary-Open
18. 800m. Run		Primary -Open
19. 50m. Dash		Primary only
20. 100m. Dash		Primary -Open
21. 400m. Dash		Primary-Open
22. 400m. Hurdles	10@36"	Interm. Boys/Young Men/Open Men
23. 400m. Hurdles	10@30"	Interm. Girls/Young Women/Open Women
24. 200m. Hurdles	5@30"	Youth Girls/Boys
25. 200m. Dash		Primary -Open
26. 1600m. Run		Super primary-Open
27. 1600m. Relay		Super primary-Open

Note: For more information call Coach Carment Kiara (512)453-2728

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 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