

All Day Athletic Assoc.
 5th Invitational Meet
Palestine Wildcat Stadium
1600 S Loop 256
Palestine, TX 75801
May 5, 2018

Meet Rules

All events will be on a rolling schedule

Primary thru midget divisions may compete in a maximum of three events

Youth thru young men/ women may compete in a maximum of four events

Athletes must have on an arm band to compete

Coaches will be asked to help as needed

General admission is a \$5 per person and athlete (under 4 yrs admitted free)

Medals will be awarded to the top three finishers in each event

Age Divisions

Birth Year

8 & Under	2010+
9-10	2008-2009
11-12	2006-2007
13-14	2004-2005
15-16	2002-2003
17-18	2000-2001

Primary thru Young Men/Women Field Events Starts @ 8:00 A. M.

Field events will start on time with no exception

Field events for primary thru midget will be a three jump/throw final

Field events for youth and young men/women will be a four jump/throw final

Long Jump	7-8G,B/ 9-10,G,B/11-12G,B/13-14,G,B/15-16G,B/17-18G,B
Triple Jump	13-14,G,B/15-16G,B/17-18G,B
High Jump	9-10,G,B/11-12G,B/13-14,G,B/15-16G,B/17-18G,B
Discus	11-12G,B/13-14,G,B/15-16G,B/17-18G,B
Shot Put	9-10,G,B/11-12G,B/13-14,G,B/15-16G,B/17-18G,B

Running Events Starts @ 10:30 A. M.

2400M Run	13-14,G ,B/15-16G,B/17-18G,B
4 x 100M Relay	7-8 G ,B / 9-10,G,B/11-12G,B/13-14,G,B/15-16G,B/17-18G,B
800m Dash	9-10,G ,B/11-12G,B/13-14,G,B/15-16G,B/17-18G,B
100M Hurdles	13-14,G,/15-16G,/17-18G,
110M Hurdles	13-14,,B/15-16,B/17-18,B
100M Dash	7-8 G ,B/ 9-10,G,B/11-12G,B/13-14,G,B/15-16G,B/17-18G,B
400M Dash	7-8 G , B/ 9-10,G,B/11-12G,B/13-14,G,B/15-16G,B/17-18G,B
300M Hurdles	13-14,G, B/15-16G,B/17-18G,B
200M Dash	7-8G,B/ 9-10,G,B/11-12G,B/13-14,G,B/15-16G,B/17-18G,B
1500M Run	13-14,G,B/15-16G,B/17-18G,B
4 x 400M Relay	7-8G,B/ 9-10,G,B/11-12G,B/13-14,G,B/15-16G,B/17-18G,B