



2022 TRACK & FIELD SUMMER RECREATION SCHEDULE

Open to all ages

Participants may sign up at any practice or meet



Wednesday meets and optional Monday practices:

Age groups (4 & under) (5 & 6) (7 & 8) (9 & 10) (11 & 12) (13 & 14) (15 & 16) (17 & 18) (19 - 29) (30 - 39) (40 - 49) (50 +)

Age determined by your age the day of each meet.

Cost: Option 1 \$10 for walk-in's per meet and \$5 practice / \$15 for **47th Annual Championship meet**

Option 2 \$80 for the entire season including 47th Annual Championship meet

(20m Diaper dash is free for all participants)

Register at any meet or practice for options 1 or 2. Option 2 can also be paid online www.grandledgecomets.org recreation / Community Recreation / track

Location: Grand Ledge Middle & High School Campus. 600 Comet Dr. Grand Ledge Mi. 48837 To get there, take W. Saginaw west from the I-96 interchange 4.5 miles. Past Meijer to the roundabout on West Saginaw. Turn Right into the parking lot.

Practice sessions: Mondays 6:30 - 8:00 p.m. **Dates:** 6/20, 6/27, 7/11, 7/18, 7/25, Athletes will begin stretching at 6:30 and then break into their appropriate ability levels and event groups. The instructional staff consists of athletes and coaches from the Greater Lansing area.

Wednesday meet line-up **NOTE:** (only championship events are eligible for records)

June 22 Track Meet, 6:30 p.m. field events: Long Jump, High Jump, Pole Vault*, Discus, Shot Put.

7:10 pm (55m, 100m & 110m Hurdles MHSAA heights) 70 m dash, (Parent & Athlete 1 lap walk)

Prediction Mile, 100 m, 800m, 4x100m relay, 3200 m, 4x400m relay.

June 29 Ribbon Track Meet, 6:30 p.m. field events: Long Jump, High Jump, Pole Vault*, Discus, Shot Put,

7:10 pm Running events- (20m diaper dash age 2 & under, then 3 & 4 yrs)

(55 m, 100 m & 110 m Hurdles MHSAA heights) 70m dash, **One Mile run,**

1 Championship event: 4 X 100m relay, medals for 1st place, ribbons 2nd and 3rd Event is eligible for records.

800m, 200 m, 3200m, (all individual events ribbons 1st-5th)

July 13 Track Meet, 6:30 p.m. field events: Long Jump, High Jump, Pole Vault*, Discus, Shot Put,

7:10 Running events (200 & 300 Hurdles MHSAA heights), Prediction Mile, 55m dash, 800m 100m

1 Championship event: 5000 meter run ages 7 & up, medals top 3 each age group, event eligible for records

July 20 Ribbon Track Meet, 6:30 p.m. field events: Long Jump, High Jump, Pole Vault*, Discus, Shot Put,

7:10 Running events (20m diaper dash, 2 & under then 3 & 4 yrs)

55m, 100m & 110m Hurdles MHSAA Heights 100m, 1600m, 200m, 800m. 400m, 3200m, (Ribbons 1st-5th)

July 27 47th ANNUAL GL SUMMER T & F CHAMPIONSHIP (rain date Thursday July 28th)

Cost: \$15 drop in fee **Cost covers 4 events which is max.**

Medals to the top 3 places in individual events and all members of the 1st place relay teams.

Age divisions of competition for both male and female: **Age as of July 27th 2022**

(4 & under) (5 & 6) (7 & 8) (9 & 10) (11 & 12) (13 & 14) (15 & 16) (17 & 18) (19 - 29) (30 - 39) (40 - 49) (50 +)

Note: Discus & Shot put start at 6:00 pm all other field events at 6:30 p.m.

Long Jump, High Jump, Pole Vault*, Discus, Shot Put, 4 & under softball throw

7:15 20m Diaper dash age 2 & under, then 3 & 4 yrs

Running events: 7:30 pm. All events are timed finals and eligible for records

(55m, 100m & 110m Hurdles MHSAA heights) 100m, 1600m, 200m, 800m, 400m, 3200 m, 4x400m relay

--- **Note: FOR ALL MEETS-**

* Pole Vault will be conducted if qualified officials are available

. 4 & under age group may compete in long jump, softball throw, and distances of 400m or less

Questions please contact Jeff Crowe at 517-648-1775 or crowe387@gmail.com

Facebook - Grand ledge Summer Track