

GRAND LEDGE SUMMER RECREATION TRACK & FIELD SCHEDULE 2013

Monday practices and Wednesday meets: Participants may sign up at any practice or meet

Cost: is \$40 for Grand Ledge city residents and \$50 for non-residents. Fees cover the entire cost of the program, including the July 24th Championship meet. **OR- \$5 for walk-in's / \$10 for Championship meet**

Location: **Grand Ledge Beagle Elementary School.** 600 South st. Grand Ledge Mi. 48837

To get there, take W. Saginaw west from the I-96 interchange 4 miles to Jenne St., turn right then go ½ mile to South St. turn left (west), and follow South St. to school on the left.

Practice sessions: **Mondays 6:30 - 8:00 p.m. Dates: 6/10, 6/17, 6/24, 7/8, 7/15, 7/22**

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.

Meets on Wednesdays: start promptly at 6:30 p.m. with field events then running events at 7:15 pm

Athletes will compete in the following age divisions, both male and female:

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

Age as of each meet date. Ribbons are awarded to places 1st - 5th at ribbon meets.

If you have any questions, please call: Jeff Crowe 517-627-9076 or jeffc@playmakers.com

Wednesday meet line-up

June 12: **Track Meet, 6:30 p.m.:** Long Jump, High Jump, Pole Vault*, Discus, Shot Put, (55 m, 100 m & 110 m Hurdles) 70 m, **Parent & Athlete1 lap walk**, Prediction Mile, 100 m, 800m, 4x100m relay, 3200 m, 4x400m relay.

June 19: Ribbon Track Meet, 6:30 p.m.: Long Jump, High Jump, Pole Vault*, Discus, Shot Put, (55 m, 100 m & 110 m Hurdles), ***(20m diaper dash age 2 & under, then 3 & 4 yr olds)** 70m **Cross Country Mile**, 200m, 800m, 4x200m. relay, 3200m, 4x400m. relay

June 26: **Track Meet, 6:30 p.m.:** Long Jump, High Jump, Pole Vault*, Discus, Shot Put, (200 m & 300 m Hurdles), 55m, **Parent & Athlete1 lap walk**, Prediction Mile, 100 m, 800 m, 400 m, 3200 m, 4x400 relay.

July 10: Ribbon Track Meet, 6:30 p.m.: Long Jump, High Jump, Pole Vault*, Discus, Shot Put, (55 m, 100 m & 110 m Hurdles), **),*(20m diaper dash age 2 & under, then 3 & 4 yr olds)** 100m, **Cross Country Mile**, 200m, 800m, 4x100m relay 3200m, 4x400m. relay

July 17: **Track Meet, 6:30 p.m.:** Long Jump, High Jump, Pole Vault*, Discus, Shot Put, (55 m, 100 m & 110 m Hurdles), 70m, **Parent & Athlete1 lap walk**, Prediction mile, 100m, 800m, 4x100m. relay, 3000m, 4x400m relay.

July 24: 40th ANNUAL GL SUMMER T & F CHAMPIONSHIP MEDAL MEET (rain date July 25th)

Cost: \$10 drop in fee for anyone not signed up for the whole season. 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 24th 2013**

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

Field events: 6:30 p.m.:

Long Jump, High Jump, Pole Vault*, Discus, Shot Put, 6 & under softball throw

7:15 pm

20m diaper dash age 2 & under, then 3 & 4 year old heat. **(20m dash is free for all participants)**

Running events: 7:30 pm:

all events are timed finals

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

Note: Pole Vault will be conducted if qualified officials are available

Age restrictions may apply to some events which are determined by meet management

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