



# 2019 TRACK & FIELD SUMMER RECREATION SCHEDULE

Open to all ages

Wednesday meets and optional Monday practices:

Participants may sign up at any practice or meet



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 \$5 for walk-in's per meet or practice / \$10 for **46th Annual Championship meet**

Option 2 \$60 for the entire season including 46th Annual Championship meet

Option 2 - Register at: [www.grandlegedgecomets.org](http://www.grandlegedgecomets.org) community recreation / track. or paper form at any practice or meet

Location: Grand Ledge High School track, 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.

## Wednesday meet line-up

NOTE: (only championship events are eligible for records)

**June 12: 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, **Parent & Athlete 1 lap walk**,  
Prediction Mile, 100 m, 800m, 4x100m relay, 3200 m, 4x400m relay.

**June 19: Track Meet Ribbon, 6:30 p.m.** field events: Long Jump, High Jump, Pole Vault\*, Discus, Shot Put,

7:10 pm - (**20m diaper dash age 2 & under, then 3 & 4 yr olds**)  
(55 m, 100 m & 110 m Hurdles) 70m dash, **Cross Country Mile**,

**1 Championship event: 4 X 100m relay, medals for 1st place, ribbons 2nd and 3rd. event eligible for records**  
800m, 200 m, 3200m, (all individual events ribbons to places 1st-5<sup>th</sup>)

**June 26: Track Meet, 6:30 p.m.** field events: Long Jump, High Jump, Pole Vault\*, Discus, Shot Put,

7:10 (200 & 300 Hurdles MHSAA heights), 55m, **Parent & Athlete 1 lap walk**, Prediction Mile, 100m, 800m

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

**July 10: Track Meet Ribbon , 6:30 p.m.** field events: Long Jump, High Jump, Pole Vault\*, Discus, Shot Put,

7:10 pm (**20m diaper dash, 2 & under then 3 & 4 yr old**) 55m, 100m & 110m Hurdles MHSAA heights)  
**Cross Country Mile**, 100m, 800m, 400m, 3200m, 4x400m.relay (Ribbons to places 1st-5<sup>th</sup>)

**July 17: Track Meet, 6:30 p.m** field events: Long Jump, High Jump, Pole Vault\*, Discus/Shot Put, 4 & under softball

7:10 pm (55m, 100m & 110m Hurdles MHSAA heights) 70 m, **Parent & Athlete 1 lap walk**,  
Prediction mile, 100m, 800m, 4 x 200m. relay, 3000m ,

**July 24: 46th ANNUAL GL SUMMER T & F CHAMPIONSHIP** (rain date Thursday July 25<sup>th</sup>)

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 1<sup>st</sup> place relay teams.

Age divisions of competition for both male and female: **Age as of July 24th 2019**

(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 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:

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

All events are timed finals and eligible for records

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 [jeffc@Playmakers.com](mailto:jeffc@Playmakers.com)**