



2017 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 +)

Cost: Option 1 \$5 for walk-in's per meet or practice / \$10 for **44 th Annual Championship meet**

Option 2 \$50 for the entire season including 44th Annual Championship meet

@glathletics.com community recreation 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: 6/12, 6/19, 6/26, 7/10, 7/17, 7/24

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

June 14: Track Meet, 6:30 p.m. field events.: Long Jump, High Jump, Pole Vault*, Discus, Shot Put,

7:15 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 21: Ribbon Track Meet, 6:30 p.m. field events: Long Jump, High Jump, Pole Vault*, Discus, Shot Put,

7:15 pm - **(20m diaper dash age 2 & under, then 3 & 4 yr olds)** (55 m, 100 m & 110 m Hurdles)

70m, **Cross Country Mile**, 200m, 800m, 4x200m. relay, 3200m, 4x400m. relay

(Ribbons are awarded to places 1st - 5th)

June 28: Track Meet, 6:30 p.m. field events: Long Jump, High Jump, Pole Vault*, Discus, Shot Put,

7:15 (200m & 300m Hurdles MHSAA heights), 55m, **Parent & Athlete 1 lap walk,** Prediction Mile, 100m, 800m

2 Championship events: 4 X 100m relay all age groups, medals for 1st place and ribbons 2nd and 3rd place teams

5000 meter run for ages 7 & up, medals top 3 each age group. Both events eligible for records.

July 12: Ribbon Track Meet, 6:30 p.m. field events: Long Jump, High Jump, Pole Vault*, Discus, Shot Put,

7:15 pm ***(20m diaper dash age 2 & under, then 3 & 4 yr olds)** (55m, 100m & 110m Hurdles MHSAA heights)

100m, **Cross Country Mile**, 4x100m relay, 800m, 400m, 3200m, 4x400m. relay

(Ribbons are awarded to places 1st - 5th)

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

7:15 pm 4 & under softball throw (55m, 100m & 110m Hurdles MHSAA heights) 70 m,

Parent & Athlete 1 lap walk, Prediction mile, 100m, 800m, 4x100m. relay, 3000m, 4x400m relay.

July 26: 44 th ANNUAL GL SUMMER T & F CHAMPIONSHIP (rain date Thursday July 27th)

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 26th 2017**

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

Order of events:

Field events: 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:

All events are timed finals

(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 jeffc@Playmakers.com