



NORTHWEST FLYERS TRACK MEET

Saturday May 21, 2011

*****Rice University*****

Holloway Field and Ley Track Stadium
6100 Main Street
Houston, TX 77005

Schedule: Running Events

8:30AM	3000/5000 Meter Run	(Midget & Up)
*	80/100/110 Meter Hurdles	(Midget & Up)
*	Medley Relay [200/200/400/800]	(Midget & Up)
*	100 Meter Dash	(All)
*	800 Meter Run	(Sub-Bantam & Bantam)
*	400 Meter Dash	(Midget & Up)
*	200/400 Meter Hurdles	(Youth & Up)
*	4 X 100 Meter Relay	(All)
*	1500 Meter Run	(Bantam & Up)
*	1500 Meter Race Walk	(All) [rev]
*	4 X 400 Meter Relay	(All) [rev]

Field Events

9:00AM	Long Jump	(All)
*	Triple Jump	(Youth & Up)
9:00AM	Shot Put	(Sub-Bantam & Up) youngest to oldest [rev]
*	Discus	(Midget & Up) oldest to youngest
11:00AM	Turbo Javelin	(Sub-Bantam, Bantam, Midget) [rev]
*	Javelin	(Youth & Up)
1:00PM	High Jump	(Bantam & Up)
3:00PM	Pole Vault	(Youth & Up)

* Immediately upon completion of the previous listed event

Sanction: USA Track & Field (USATF)
Club Director: Pal Roach (281) 587-8442 or pal_roach@hotmail.com
Meet Director: Tony Runnels
Announcer: Tony Runnels

Coaches:
Pal Roach, Dave Bogert, Paul Gates, Ellen Robinson, Alan Sims, Brian Braxton, D'Ann Carter, Donnell Carter, Richie Mercado, Henry Oramas, Bose Oseni, Kim Ridgeway, Tony Runnels, Stan Salters, David Wooten, Craig Wright, Yolanda Young

Registration:
8:00 am to 9:00 am
8:10 am Coaches Meeting
\$5.00 participating athletes, all athletes must have USATF card
\$5.00 all spectators (5 and under free)
Coaches free with USATF coaches card and background check (approved or pending)

Divisions:
Girls and Boys: Sub-Bantam (8 & under), Bantam (9-10), Midget (11-12), Youth (13-14), Intermediate (15-16), Young adults (17-18). Ages as of December 31, 2011.

Awards:
Sub-Bantam – ribbons for first six places in each heat
Bantam Up – ribbons for first six places overall per event
All – **medals for 1st – 3rd place** overall (while supplies last)

Rules:
An Athlete may participate in 3 events maximum Sub-Bantam thru Midget, and 4 events maximum for Youth and up.

Clubs may be limited to a maximum of 12 individual athletes and two relay teams per club, per event, per age group (exceptions @ Meet Director's Discretion).

Meet Procedure:
Meet shall be in accordance with USA Track & Field Youth Athletics rules and regulations. 1/8 or 1/4 inch spikes or flats.

Misc:
Each team is responsible for leaving the grounds and bleacher areas clean. Restrooms and concessions are available.

A special thanks to our corporate sponsors:

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Driving Directions to the Rice Campus

Rice University is located at 6100 Main Street, Houston, TX 77005. The campus is bordered by Main Street, Greenbriar Street, Rice, Sunset and University Boulevards (see maps below). If you enter using Rice campus entrances #1 and #2 off of Main Street, you will be looking directly at Lovett Hall, home of the Rice Welcome Center and home to the Office of Admission. Questions? Call us at 713-WELCOME (713-935-2663).

From north or south

1. Those approaching Houston on I-45 north or I-45 south should take the US 59 south exit. From US 59 south take the Fannin Street exit and travel south on Fannin until you reach Sunset Boulevard. Take a right on Sunset and an immediate left onto Main Street. Turn right into Rice campus using entrance #1 or #2.
2. Those approaching Houston from the north on US 59 (heading south) should take the Fannin Street exit and travel south on Fannin until you reach Sunset Boulevard. Take a right on Sunset and an immediate left onto Main Street. Turn right into Rice campus using entrance #1 or #2.
3. Those approaching Houston from the south on US 59 (heading north) should exit at Greenbriar, stay on the frontage road, and turn right (south) on Greenbriar. Follow Greenbriar to the light at Rice Boulevard. Turn left onto Rice Boulevard. Stay on Rice Boulevard until it becomes Sunset. Turn right on Main Street and take an immediate right into Rice campus using entrance #1 or #2.

From east or west

1. Those approaching Houston from the west on I-10 East should take 610 South to 59 North and exit at Greenbriar. Stay on the frontage road, turn right (south) on Greenbriar. Follow Greenbriar to the light at Rice Boulevard. Turn left onto Rice Boulevard. Stay on Rice Boulevard until it becomes Sunset. Turn right on Main Street and take an immediate right into Rice campus using entrance #1 or #2.
2. Those approaching Houston from the east on I-10 West should take the US 59 south exit. From US 59 south take the Fannin Street exit and travel south on Fannin until you reach Sunset Boulevard. Take a right on Sunset and an immediate left onto Main Street. Turn right into Rice campus using entrance #1 or #2.
3. Those approaching Houston from the northwest on 290 should take 610 South to 59 North and exit at Greenbriar. Stay on the frontage road, turn right (south) on Greenbriar. Follow Greenbriar to the light at Rice Boulevard. Turn left onto Rice Boulevard. Stay on Rice Boulevard until it becomes Sunset. Turn right on Main Street and take an immediate right into Rice campus using entrance #1 or #2.

