



LAKE HOUSTON ATHLETICS

Invitational

May 7, 2011

Porter High School

22625 Sandy Lane, Porter, TX 77357

20 minutes north of downtown Houston

SCHEDULE OF EVENTS (Rolling schedule, starting at 9:00)

8:00 Registration

8:30 Coaches Meeting

3 Attempts in all field events, (all finals)

Competitors should bring their own throwing implements.

9:00 Long Jump (PG → YM) High Jump (SBG → YM) Pole Vault (SYG → YM)
Shot Put(ALL) 12lb,4kg,6lb Discus(SMG-YM) immediately following the shot

9:00

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|-------------------------|-------------------------------|
| 1. 3000M Run (SMG → YM) | 7. 800m (ALL) |
| 2. 80H (SMG → MB) | 8. 3000m, 1500m RW (SBG → YM) |
| 3. 100/110H (SYG → YB) | 9. 400m (ALL) |
| 4. 110H (IB → YM) | 10. 200m (ALL) |
| 5. 4x100m (ALL) | 11. 1500m (SBG → YM) |
| 6. 100m (PG → MB) | 12. 4 X 400m (ALL) |

Entry Fees: Athletes \$5.00 Spectators \$5.00 (Children ≤ five(5) are Free) Five Coaches in Uniform - Free
Event Limitations: Primary thru Midget (3 Events ONLY) Sub-Youth thru Young Men/Women (4 Events ONLY)
Divisions (per year of birth): Primary ≤ 2003, Sub-Bantam 2002, Bantam 2001, Sub-Midget 2000
Midget 1999, Sub-Youth 1998, Youth 1997, Intermediate 1996-1995, & Young Men & Women 1994-1993
Athletes may participate in only 1 age division (There are no "sub" divisions for relays)

Awards: Medals 1st Place each event Ribbons 2nd – 6th place each event

Restrooms & Concessions available
No Tents or lawn chairs allowed on the infield
Please keep your areas clean and free of debris

This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.
All participants must have a current AAU membership before the competition begins.
AAU membership may not be included as part of the entry fee to the event.

Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.

Director: Tracy Tillett

Contact: 832.489.8400

Email: ttillett@yahoo.com

Website: www.lakehoustonathletics.org