

**Gastonia Eagles Track & Field Team Hosting
The Duane Ross Youth Developmental Track Meet**

Saturday, May 10, 2008

Ashbrook High School

2222 South New Hope Road
Gastonia, NC 28054

**This year we will have FAT timing All Teams & Athletes will
need to Registration at CoachO.com
Fees are \$1.00 per athletes or \$30.00 per team**

SCHEDULE OF EVENTS

Running Events: ALL RUNNING EVENTS ARE TIMED FINALS

9:00 am 3,000 Meter Run/1500m Race Walkers
80/100/110 Hurdles
100M Dash
800 M Run
4x100M Relay
400M Dash
200M Dash
4x400M Relay

**In running events it will be the younger age
group first, girls then boys.**

Field Events

9:00 am Long Jump
High Jump (9 & Up)
Shot Put (7-8 & Up)
Discus (17-18 & down)

In all field events, each athlete will be given 3 attempts. There will be no finals.

INFORMATION CHART
X=EVENTS OFFERED IN AGE GROUP
*=STARTING HEIGHT

	6 & Under Birth Year (2002-under)		7-8 Birth Year (2001-2000)		9-10 Birth Year (1999-1998)		11-12 Birth Year (1997-1996)		13-14 Birth Year (1995-1994)		15-16 Birth Year (1993-1992)		17-18 Birth Year (1991-1990)	
	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys
100	X	X	X	X	X	X	X	X	X	X	X	X	X	X
200	X	X	X	X	X	X	X	X	X	X	X	X	X	X
400	X	X	X	X	X	X	X	X	X	X	X	X	X	X
800			X	X	X	X	X	X	X	X	X	X	X	X
3000					X	X	X	X	X	X	X	X	X	X
Hurdles							80/30"	80/30"	100/30	100/33	100/33	110/39	100/33	110/39
4x100			X	X	X	X	X	X	X	X	X	X	X	X
4x400			X	X	X	X	X	X	X	X	X	X	X	X
LJ			X	X	X	X	X	X	X	X	X	X	X	X
HJ*					3'0"	3'2"	3'4"	3'10"	4'0"	4'6"	4'4"	5'2"	4'6"	5'4"
Shot Put	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Discus							X	X	X	X	X	X	X	X

(Ages 15-18, may be combined depending on the number of participants)

Meet Director Freddie Crawford 704-231-2118

Directions

Ashbrook High School

2222 Old New Hope Rd
Gastonia, NC 28054

Merge onto I-40 West toward Mocksville. Merge onto I-77 South via Exit 152A toward Charlotte. Merge on to I-85 S via Exit 13B toward Spartanburg. Take Exit 22 toward Cramerton/Lowell. Turn left on to S. Main St. S. Main St becomes Redbud Dr. Turn Right on to S. New Hope Rd/NC 279. End at Ashbrook High School.