

2nd Annual Gulf Coast Invitational
St. Paul's Episcopal School
161 Dogwood Ln, Mobile, AL 36608
May 19, 2018

ENTRIES: ALL ENTRIES WILL BE DONE AT CoachO.com

Entry fee for each athlete- \$15 Youth \$20 Open/Masters

Admission- \$5.00 Children 6 and under FREE

ALL HEATS WILL BE RUN AS FINAL ON TIME

Stadium Opens @ 7:00 a.m.

Packet Pick Up @ Gate Entrance

DIVISIONS Age as of December 31st, 2018

Girls/Boys 6 & Under (TINY TOTS)

Girls/Boys 7-8

Girls/Boys 9-10

Girls/Boys 11-12

Girls/Boys 13-14

Girls/Boys 15-16

Women/Men 17-18-19 if you don't turn 19 before July 29th

O-Open 19-29 MS-Masters-All Age Groups –USATF Age Groups-Age As of Date of Meet

SCHEDULE OF RUNNING EVENTS

THE MEET COULD RUN AS MUCH AS 1 HOUR AHEAD OF SCHEDULE

DEPENDING ON Number of HEATS, RACES MAY BE COMBINED TO RUN THE MEET MORE SMOOTHLY

IT WILL BE AS CLOSE TO A ROLLING SCHEDULE AS POSSIBLE EXCEPT WHEN

DESIGNATED. EVENTS WILL BE RUN FROM MASTERS FIRST AND ALL AGE Groups WILL FOLLOW YOUNGEST TO OLDEST WOMEN FOLLOWED BY MEN EXCEPT HURDLES

9:00 a.m.

3000 Meter Run-All Appropriate Youth Age Divisions All O, MS

100 Meter Dash ALL DIVISIONS

200 Meter Hurdles (30") 13-14 Girls/Boys

400 Meter Hurdles (30") W, Open, 15-16, 17-18

400 Meter Hurdles (36") M, Open, 15-16, 17-18

4 x 100 Meter Relay ALL DIVISIONS

50 Meter Dash TINY TOTS 6 & Under

1500 Meter Run ALL DIVISIONS

400 Meter Dash ALL DIVISIONS

1500 Race Walk Appropriate Youth Age Groups and All O, MS

80 Meter Hurdles (30") 11-12 Girls/Boys

100 Meter Hurdles (30) 13-14 Girls

100 Meter Hurdles (33") 13-14 Boys, 15-16, 17-18 Girls, Open, MS

110 Meter Hurdles (39") 15-16, 17-18 Boys O, MS

800 Meter Run ALL DIVISIONS

200 Meter Dash All Divisions

4x400 Meter Relay ALL DIVISIONS

ALL FIELD EVENTS FOR YOUTH EXCEPT HIGH JUMP AND POLE VAULT WILL BE 3 ATTEMPTS NO FINALS AND MASTERS AND OPEN WILL BE SIX ATTEMPTS NO FINALS

8:30 a.m.

Aero Jav 11-12 B/G
Discus OW, MSW, 15-16G, 17-18W
High Jump OM, MSM, 15-16B, 17-18M
Long Jump 11-12B, 13-14B PIT # 1
Long Jump 11-12G, 13-14G PIT # 2
Shot Put 7-8G, 9-10G, 11-12G Followed By 7-8B, 9-10B, 11-12B

9:00 a.m.

Pole Vault All Women's Divisions

10:00 a.m.

Turbo Jav 7-8 B/G, 9-10B/G
Discus OM, MSM, 15-16B, 17-18M
High Jump OW, MSW, 15-16G, 17-18W
Long Jump 7-8B, 9-10B #1
Long Jump 7-8G, 9-10G #2
Shot Put OW, MSW, 13-14G, 15-16G, 17-18W

11:00 a.m.

Pole vault All Men's Divisions

11:30 a.m.

Javelin OW, MSW, 13-14G, 15-16G, 17-18W
Discus 11-12B, 13-14B FOLLOWED BY 11-12G, 13-14G
High Jump 9-10B, 11-12B, 13-14B Followed by 9-10G, 11-12G, 13-14G
Long Jump OM, MSM, 15-16B, 17-18M PIT #1
Long Jump OW, MSW, 15-16G, 17-18W PIT #2
Shot Put OM, MSM, 13-14B, 15-16B, 17-18M

1:30 p.m.

Javelin OM, MSM, 13-14B, 15-16B, 17-18M
Triple Jump All Male Divisions Pit #1
Triple Jump All Women Divisions Pit #2