

**US Express Academy Sports & Outdoor Developmental Meet (Youth and Masters)
Saturday, April 2, 2016**

**Broadmoor High School
Baton Rouge, LA**

Meet Schedule

Running Event Finals

9:00am	4x200m Relay	All Divisions
	800m	7-8, 9-10, 11-12, 13-14 yrs Division, Middle School, Masters
	100m	All Divisions
	400m	7-8, 9-10, 11-12, 13-14 yrs Division, Middle School, Masters
	4x100m Relay	5-6 yr Division, Middle School, 13-14 Division
	1500m Race Walk	All Divisions
	200m	5-6 yr Division, Middle School, 13-14 Division
	1600m Run	Middle School, 13-14 Division
	4x400m Relay	All Divisions, Middle School, Masters
9:00am	Shot Put	7-8, 13-14 yrs Division, Middle School, Masters
	Turbo Javelin	9-10, 11-12
	Long Jump	All Divisions
	High Jump	9-14 yr Division, Middle School, Masters
	Triple Jump	13-14 yr Division, Middle School, Masters

All events will follow age group order with all female age groups competing prior to male. In ALL Youth events there is a limit of 5 entries per age group per team. Relays are limited to only two teams per age group. If limited participants in respective age groups, meet management reserve the right to combine heats, however awards and scoring will be done based on age groups.

All running events will be finals with heats against times.



Registration form (Masters Only)

Entry fees: \$10 per athlete.

Register at www.coacho.com or mail in this form

ENTRIES CLOSE AT 10:00PM on March 30, 2016

Name _____ DOB _____ Age on 4/2/2016 _____ Sex _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____

I hereby agree to release and discharge U.S. Express Track Club and East Baton Rouge Parish School Board, USATF, any of their agents or representatives, the participants of said meet and anyone connected with the meet from liability resulting from any accident and/or injury that I may sustain while competing or participating in said track and field meet.

Athlete's Signature _____ Date _____

Circle the events you want to enter and your best performance (if any) in this year:

1500 RW	_____	1500M	_____
Shot Put	_____	800M	_____
Long Jump	_____	400M	_____
Triple Jump	_____	200M	_____
High Jump	_____	100M	_____

Make checks payable to US Express Track Club

Mail entry to: US Express Track Club
Post Office Box 46314
Baton Rouge, LA 70895