



## Green Country All-Comers Track Meet

*Junior Olympics Track & Field*

For Track Clubs, Youth Organizations,  
Businesses, Churches, Coaches, Families

### Green Country All-Comers Track & Field Competition @ *East Central High School*

Make checks payable to: "3D Elite Student"

**Date: 5/22/2010**

**Ages: 6 & Up**

Competition Events:

100m, 200m, 400m, 800m, 4x100, hurdles, High Jump, Long Jump, Shot Put, Discuss,  
3000m, 4x100, 110mH, 80mH, 100mDash, 4x800, 200mH, 400mDash, 800mRun,  
200mDash, 1500mRun, 4x100 relay, 4x200 relay and 4x400m, Adult Relays  
(Sub-Bantam:100, 200, 400, 800, 1500, 4x1, 4x4, Long jump)

**Entry fees:**

- \$10.00 All Youth Sub to Young W/M
- \$15.00 Masters
- PRE-REGISTRATION IS REQUIRED-Deadline May 21, 2010

<u>Age Group:</u>	<u>Year Born:</u>
Sub-Bantam	2002+(officially in 2011)
Bantam:	2000-2001
Midget:	1998-1999
Youth:	1996-1997
Intermediate:	1994-1995
Young W/M:	1992-1993
Open/Masters:	19 years and Up

"...Celebrating  
the community  
with diversity."  
[www.companydiet.com](http://www.companydiet.com)

**Online Registration Required:**

Go to [www.coachO.com](http://www.coachO.com)

(recommended one person to register teams)

For questions: [www.3Dlyf.com](http://www.3Dlyf.com) or 918-814-FAST (3278)