

Saturday Oct 7, 2023	TIME*		Sunday Oct 8, 2023	TIME*
			Decathlon(Regular)	9 AM
Decathlon(1 Hour)	8:00 AM		Sub-events:Hurd,Disc,Vault,Javelin, 1500	
Decathlon(Regular)	8:45 AM		30 minute rest between sub-events unless all participants agree to move-up	
Sub-events:100, LJ(PitB), Shot, High, 400				
30 minute rest between sub-events unless all participants agree to move-up			Open Pole Vault	
Open/ Running			ALL	12:30 PM
100/110 Hurdles	9:30			
60	10			
4x100 Relay	10:30		Open/ Running	
800	10:45		TRUE MILE	1
100	11			
400	NOON			
300 Hurdles	12:30 PM			
200	12:45			
4x400 Relay	1:15			
1500	1:30			
Throws Pentathlon(Atlas)	8:30 AM			
Open Field				
Long Jump: ALL Women	10 AM			
ALL Men	10			
High Jump: ALL	9			
Triple Jump: ALL	11			
Shot: No running events-Atlas Fields	9:30 AM			
Running or 18 Under-Lockhart HS	9			
Discus: No running events-Atlas Fields	10:30			
Running or 18 Under-Lockhart HS	10			
Jav: No running events-Atlas Fields	11:30			
Running or 18 Under-Lockhart HS	11			
Hammer: ALL	8:30			
Weight: ALL	12:30PM			
Superweight: ALL	1			
*Approximate Start, subject to change				

- This is an All-Comers meet. No club/organization affiliation required. Though not required, we ask you to support our sport and join USATF: <https://www.usatf.org/membership/application/index.asp> The meet will be USATF Sanctioned and we will follow USATF Competition Rules. We will be able to handle American record attempts, but we ask that you let us know by 8-15-23 that you will be going for a record so we can make preparations. Contact Seth at seth.brower@trackforlife.com
- Two Venues: Lions Stadium, Lion Country Dr, Lockhart [Lion Country Dr](#) and Atlas Fields, 2620 Borchert Dr, Lockhart <https://goo.gl/maps/wVmARBCHmvrX4fo58>

- Entry Fees: No Refunds unless meet is cancelled by Meet Director due to weather. If you paid and cannot attend, we will credit you towards a future meet.
- ❓ Open Events: \$30 first event, \$5 each additional event if registered by 9-8-23; After 9-16-23 Late Fees \$45 first event, \$10 each additional event
 - ❓ Decathlon: \$95 if registered by 9-16-23, \$130 after that
 - ❑ 1 Hour Decathlon: \$75 if registered by 9-16-23, \$100 after that
 - ❑ Heptathlon: \$70 if registered by 9-16, \$100 after that
 - ❑ Throws Pentathlon: \$60 if registered by 9-16-23, \$80 after that
- The 1 Hour Decathlon will have about 8 athletes per flight. Other flights may be added depending on participation levels. Athletes will be given a special wristband to help officials identify them as they move to different events.
- Competition divisions will be based on 2 year age groups through age 18, Open(19-29), Masters in 5 year age groups 30+(30-34, 35-39, etc), as of meet day. Awards: All open event competitors receive one commemorative medal. There is no implement checkin. Officials at each event will inspect. As a rule we do not supply implements, but may be able to accommodate some requests if you have airplane travel restrictions. But I must have your request by Sept 16, no exceptions. Contact Seth at seth.brower@trackforlife.com
- Warmups are from 7:30-9:30 AM each day. A 5K running at 7:30 on day 1 so warmups on outside lanes only
- Pole rentals. You may rent poles for \$15. Please call/text Jeff Brower at 512-694-7655 by Sept 20.
- As part of our Covid prevention policy, we will have no water stations set up. So you must bring your own supply. There may be some concessions available, but it will be limited.
- Volunteers always needed. So if you have friends in the Lockhart area, please ask them to sign up at this site: