



**2025 Track & Field Invitational  
Saturday, July 19, 2025  
Flint, MI**

**Meet Director: Carlos Benton 810-610-6840**

**Date:** Saturday, July 19, 2025

**Location:** Carman-Ainsworth Middle School  
1409 Maple Rd.  
Flint, MI 48507

**Registration:** All registration will be done on-line

- Athletic.Net
- Registration deadline: July 17, 2025 @ 11:45 pm.

**Entry Fee:**

- \$20.00 per athlete
- \$25.00 per athlete day of Registration
- Please make checks payable to: Genesee Swift Track Club

**Age:** Year of Birth-8&U, 9-10, 11-12, 13-14, 15-16, 17-18  
(Proof of age required if challenged)

**Awards:** Medals 1st – 3rd

**Facilities:** All weather surface 8 lane track

**Track Spikes  $\frac{1}{4}$ " or less**  
**Parking & Restrooms available**

This event is licensed by the Amateur Athletic Union of the U. S., Inc.  
All participants must have a current AAU membership.  
AAU membership must be obtained before the competition begins.  
Non-Athlete memberships cannot be applied for at the event.  
Please allow up to 10 days for membership to be processed.

Participants are encouraged to visit the AAU website, [www.aausports.org](http://www.aausports.org), to obtain their membership.

**Packet Pick-Up 8:00 am to 9:00 am**

**Coaches Meeting @ 8:45 am**



## **ORDER OF EVENTS**

**Starting Times:**

- 9:00 am Field Events
- 10:00 am Running Events

**OUR GOAL IS TO START ON TIME!**  
**(Permitting all systems working properly)**

**All events are timed final except 100m dash and hurdles if necessary.**

<b>Events</b>	<b>Ages</b>
<b>3000m Run</b>	<b>11-18yrs Old</b>
<b>100m Dash Semi-Finals</b>	<b>All Ages</b>
<b>Hurdles Semi-Finals</b>	<b>11-18yrs Old</b>

**TOP 8 TIMES TO FINALS! - (Finals will begin immediately after Semis)**

<b>Events</b>	<b>Ages</b>
<b>4x800 Relay</b>	<b>11-18 yrs Old</b>
<b>Hurdle Finals</b>	<b>11-18 yrs Old</b>
<b>100m Finals</b>	<b>All Ages</b>
<b>1500m Run</b>	<b>All Ages</b>
<b>4x100 Relay</b>	<b>All Ages</b>
<b>400m Dash</b>	<b>All Ages</b>
<b>200m Hurdles</b>	<b>13-14 yrs Old</b>
<b>400m Hurdles</b>	<b>15-18 yrs Old</b>
<b>800m Run</b>	<b>All Ages</b>
<b>200M Run (timed finals)</b>	<b>All Ages</b>
<b>1600M Relay</b>	<b>All Ages</b>

**FIELD EVENTS - (4 Attempts/No Finals)**

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>• Long Jump</li><li>• Shot Put</li><li>• Discus</li></ul> | <ul style="list-style-type: none"><li>• High Jump</li><li>• Turbo Javelin</li><li>• Javelin</li></ul> |
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**FOR MORE INFORMATION:**

**Carlos Benton 810-610-6840 | GenSwiftTC@gmail.com**