

MINI MUSTANG MEET

3rd Annual Mini-Mustangs Youth Track Meet Fundraiser

GRADES K - 8TH ONLY Sunday, March 12th • 1:00 pm - 5:00 pm

Waller Stadium • Mira Costa High School, Manhattan Beach, CA 90266

Race Registration starts at NOON • \$20 entry - includes free T-shirt

REGISTER: <http://www.mbxfoundation.org/product/80-mini-mustang-meet>



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This is an “All Comers” meet open to one and all! All you need is a pair of shoes and a desire to compete. Kids can enter up to 3 events - for one low price. This is a great way to introduce your child to Track and Field, and just have some fun. Compete with and against your school mates. Form your own relay teams. Show us what you’ve got!

PLEASE NOTE - TIMES ARE ESTIMATED. WE FINISHED VERY EARLY LAST YEAR, SO COME EARLY!

Event	Grade	Gender	Est. Start Time	Notes
1. 50m Dash	K-1	Mixed	1:00	No blocks
2. 50m Dash	2-4	Mixed	1:15	No blocks
3. 800m	5-8	Girls	1:30	Two laps
4. 800m	5-8	Boys	1:45	Two laps
5. 100m	5-8	Girls	2:00	By grade if we have enough
6. 100m	5-8	Boys	2:15	By grade if we have enough
7. 100m	Adult	Moms & Dads	2:25	Risk your hamstrings! FREE**
8. 400m	K-1	Mixed	2:30	One full lap, no blocks
9. 400m	2-4	Mixed	2:45	One full lap, no blocks
10. 400m	5-8	Girls	3:00	By grade if we have enough
11. 400m	5-8	Boys	3:15	By grade if we have enough
12. Mile Run	6-8	Girls	3:30	By grade if we have enough
13. Mile Run	6-8	Boys	3:45	By grade if we have enough
14. Mile Run	Adult	Moms & Dads	3:55	Yup, FOUR laps! FREE**
15. 4 x 100 Relay	5-8	Girls	4:00	By grade if we have enough
16. 4 x 100 Relay	5-8	Boys	4:15	By grade if we have enough

Field Event	Grade	Gender	Est. Start Time	Notes
Pole Vault Demo	5-8	Mixed	1:00	West Pit. Come watch and learn!
High Jump Demo	5-8	Mixed	1:00	East Pit. Come watch and learn!
Shot Put	5-8	Mixed	1:15	Ring #1 - Separate Awards by gender
Shot Put	5-8	Mixed	1:15	Ring #2 - Separate Awards by gender
Long Jump	K-2	Mixed	2:15	Pit #1 - Separate Awards by gender
Long Jump	3-4	Mixed	2:15	Pit #1 - Separate Awards by gender
Long Jump	5-6	Mixed	3:15	Pit #1 - Separate Awards by gender
Long Jump	7-8	Mixed	3:15	Pit #1 - Separate Awards by gender

This is a casual meet - we may merge events, grades, gender, etc. But we’re serious about having fun!
Questions? Contact Coach Moe Russell (moe.mctrack@gmail.com) **Waiver Required.

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I hereby release and discharge the organizers and sponsors of the tournament as well as the MBX Foundation, Inc, their partners, the Manhattan Beach Unified School District, Mira Costa Track & Field Team/Booster Club and each of their agents, officers and employees from any and all claims for losses, injuries, damages or liabilities, including personal injury, arising out of or attributable to my child's participation in this event.

Parent/Guardian Signature

Student Name:

Grade:

Age:

Gender: Male / Female

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School:

Parent Name:

Parent Email:

Parent Phone Number:

Events Participating In:

Shirt Size: (Circle one) YS YM YL AS AM AL AXL

Questions? Contact Coach Moe Russell (moe.mctrack@gmail.com)