



The Central Florida Gliders is a 501(c)(3), nonprofit, community-based running club with over 60 participating athletes. The organization was established in 1989 and has had much success producing teams and individuals of national caliber. The club's stated purpose in its bylaws is to motivate the athlete to aspire to achieve leadership, discipline and integrity through the sport of track & field and cross country running. Additionally, the organization stresses to its members the importance of academic achievement, community service and sportsmanship.

If you, your business or someone you know is interested in sponsoring this event or the team, tax deductible donations can be made to assist the athletes in traveling to national competitions. Please call (407) 682-1368 for more information. Your support of youth running in Central Florida is greatly appreciated! Visit the Gliders website at: www.cfgliders.com for more information about the Gliders' programs and accomplishments.

DATE:
Saturday, April 29, 2017

LOCATION:
Campus of Lake Brantley High School
991 Sand Lake Road
Altamonte Springs, Florida 32714
(Please see map on back)

FACILITY:
400 Meter Rubber Track

HOST:
Central Florida Gliders Track Club



NO SAME DAY REGISTRATION!

Early registration is advised as only a maximum of 1,000 entries will be accepted.

Events Offered	8 & under	9-10	11-12	13-14	15-16	17-18	19 & OLDER
Shot Put		X	X	X	X	X	X
Long Jump	X	X	X	X	X	X	X
High Jump		X	X	X	X	X	X
Discus			X	X	X	X	X
100 Meter	X	X	X	X	X	X	X
200 Meter	X	X	X	X	X	X	X
400 Meter		X	X	X	X	X	X
800 Meter		X	X	X	X	X	X
Mile Run		X	X	X	X	X	X
4X100 Relay		X	X	X	X	X	X
80 Meter Hurdles			X				
100 Meter Hurdles				X	X (GIRLS)	X (GIRLS)	X (WOMEN)
110 Meter Hurdles					X (BOYS)	X (BOYS)	X (MEN)
4X400 Relay		X	X	X	X	X	X
3000 Meter			X	X	X	X	X

ONLINE ENTRY INFORMATION *\$6.00 PER EVENT:
Online entries this year will be processed through www.coacho.com. Each competitor must acknowledge the waiver notification when registering or must submit a signed waiver form the day of the meet before receiving their race number. No relay fee, but each runner has to be registered in an individual event.

Online registration will be closed:
Thursday, April 27, 2017 at 11:59 p.m.

INFORMATION: (WWW.CFGLIDERS.COM)
Meet Director: Craig Wise
Assistant Meet Director: Tony Burgos
Meet Coordinator: Ryan King
Info: cfgliders_classic@yahoo.com
or
info@cfgliders.com

Central Florida Gliders
P.O. Box 161965
Altamonte Springs, Florida 32716-1965

AWARDS:
Medals will be awarded for 1st – 3rd place.
Ribbons will be awarded for 4th – 6th place.
Special award for first place individual winners
Door Prizes

AGE DIVISIONS:
Age divisions are determined by the athlete's age as of December 31, 2017. Athletes must compete in their own age group and they can not move up or down. Exception: 9-10 year old relays may consist of 8 & under athletes of same sex.

- 8 & UnderBorn 2009 & before
- 9-10Born 2007 - 2008
- 11-12Born 2005 - 2006
- 13-14Born 2003 - 2004
- 15-16Born 2001 - 2002
- 17-18Born 1999 - 2000
- 19 & Over.....Born 1998 or Before

ORDER OF EVENTS: (girls, then boys)
7:20 a.m.... Coaches/Officials Meeting at the Finish Line

FIELD EVENTS:
8:30 a.m.... High Jump9-10
Long Jump11-12
Shot Put13-14, 15-16, 17-18, 19 & Over
9:15 a.m.... Shot Put9-10
High Jump11-12
Long Jump13-14, 15-16, 17-18, 19 & Over
9:15 a.m.... Discus19 & Over, 17-18, 15-16, 13-14, 11-12
10:00 a.m... Long Jump8 & Under, 9-10
Shot Put11-12
High Jump13-14, 15-16, 17-18, 19 & Over

RUNNING EVENTS: Rolling Schedule
7:15 a.m.... 3000M Run..... 19 & Over, 17-18, 15-16, 13-14, 11-12
80 Hurdles 30" 11-12
100 Hurdles 30" 13-14 (girls)
100 Hurdles 33" 13-14 (boys), 15-16, 17-18, 19 & Over (girls)
110 Hurdles 39" 15-16, 17-18, 19 & Over (boys)
100 Meter 8 & Under, 9-10, 11-12, 13-14, 15-16, 17-18, 19 & Over
Mile Run..... 9-10, 11-12, 13-14, 15-16, 17-18, 19 & Over
4 x 100 Relay..... 9-10, 11-12, 13-14, 15-16, 17-18, 19 & Over

*****Officials Lunch Break*****
400 Meter 9-10, 11-12, 13-14, 15-16, 17-18, 19 & Over
800 Meter 9-10, 11-12, 13-14, 15-16, 17-18, 19 & Over
200 Meter 8 & under, 9-10, 11-12, 13-14, 15-16, 17-18, 19 & Over
4 x 400 Relay..... 9-10, 11-12, 13-14, 15-16, 17-18, 19 & Over



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