



Thursday July 4, 2019

Appalachian State University

Kidd Brewer Stadium-Pole Vault Facility

Pre-Registration recommended but not required!

**Day of event registration begins at 11am and the
meet starts at 1pm.**

•EVENT IS FREE• FREE T-SHIRTS •FREE FOOD

ATHLETES OF ALL AGES WELCOME!

USA Track & Field Sanctioned Event

FMI- sonslightministries@gmail.com (828) 265-7029