



2026 COURAGEOUS GAMES June 6-7, 2026

- WHERE:** DETROIT MARTIN LUTHER KING HIGH SCHOOL TRACK STAIUM
3200 Lafayette St. E Detroit MI 48207
- LICENSED BY:** AAU
- HOST:** COURAGEOUS INC.
Karen Hall, Meet Director
2727 SECOND AVE, SUITE 121
DETROIT, MI 48201
E-mail: courageous_inc@yahoo.com; washilta@hotmail.com
- RULES:** In accordance with USA Track and Field and AAU Youth Athletics Guidelines
- AGE DIVISIONS:** 5-6 year old Girls and Boys (Born 2020 & After) Allowed 3 events
7-8 year old Girls and Boys (Born 2018 & 2019) Allowed 3 events
9-10 year old Girls and Boys (Born 2016-2017) Allowed 3 events
11-12 year old Girls and Boys (Born 2014- 2015) Allowed 3 events
13-14 year old Girls and Boys (Born 2012-2013) Allowed 4 events
15-16 Year Old Girls/Boys (Born 2010-2011) Maximum 4 Events including relays
17-18 Year Old Girls/Boys (Born 2008-2009) Maximum 4 Events including relays
- *Athletes who are still eighteen (18) years of age through the final day (Aug. 8th) of the National Track & Field Meet shall be eligible to compete in the 17-18 year olds division.
- ELIGIBILITY:** Open to all Registered Athletes.
- MEET ENTRY FEE:** A 20.00 entry fee per Participant. ALL FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE. Entry fees are per athlete. All entry fees are paid at the gate entrance
- DEADLINE DATE:** ONLINE REGISTRATION ONLY: WWW.ATHLETIC.NET
REGISTRATION WILL OPEN ON April 1, 2026 AND CLOSE ON June 3, 2026.
- GATE FEES** There will be a \$5.00 gate fee charge per spectator.
- COACHES' PACKETS:** Saturday, June 6-7 2026, 8:00AM– PACKETS WILL BE AVAILABLE AT THE TRACK (Martin Luther King High School Track)



2026 COURAGEOUS GAMES Event Schedule

**Martin Luther King High School
3200 Lafayette Detroit, MI 48207**

All Running events will start at the designated time listed. After the initial event, your event may start as much as 30 minutes before the time listed. Listen to announcements and check-in to the designated check-in area for your event at least 30 minutes early. Any athlete that does not check-in before their schedule heat is run will be scratched from the event.

Field Event Schedule

All Field Events will follow schedule below. **This is a rolling schedule.** Listen to announcements for calls to your Field Event. Any athlete who does not check-in before their designated flight starts will be scratched from the event. Field Event athletes who have a conflict with a running event will be released by the **Field Event official – ONLY** - at the appropriate time. **Field Event athletes will have 10 minutes to report back to their Field Event after their running event** and be ready to compete.

Long Jump, Shot Put, Discus and Turbo Javelin will be contested with three jumps or throws.

Saturday – June 6, 2026

This is a rolling schedule

Time	Long Jump 1	High Jump 1	Shot Put 1	Discus
12:00PM	5-6 G/B	17-18 W/M	17-18 W/M	11-12 G/B
	7-8 G/B	15-16G/B	15-16G/B	13-14G/B
	9-10 G/B	13-14 G/B	13-14 G/B	15-16G/B
	11-12 G/B	11-12 G/B	11-12 G/B	17-18 W/M
	13-14 G/B	9-10 G/B	9-10 G/B	
	15-16G/B			
	17-18 W/M		7-8 G/B	

Sunday – June 7, 2026

This is a rolling schedule

- 10:00AM** 3000 Meter Run – **Starting with 11 Year Girls** – Age Groups may be combined by gender
 110 / 100 / 80 Meter Hurdles – **SEMI-FINAL** - In the following order:
 80 – **11-12G / 11-12B** 100 – **13-14G /13-14B / 15-16G / 17-18W** 110 – **15-16B / 17-18M**
 100 Meter Dash – **TIMED FINAL** – **Starting with 5-6 Girls**
 1500 Meter Run – **Starting with 7-8-Year-Old Girls** – Age Groups may be combined by gender
 4 x 100 Meter Relay – **Starting with 5-6 Girls**
 400 Meter Dash – **Starting with 5-6 Girls** – **TIMED FINALS**
 800 Meter Run – **Starting with 7-8 Year Girls**
 200 Meter Dash **TIMED FINAL** – Starting with **5-6 Girls**
 4 x 400 Meter Relay – **Starting with 7-8 Girls**

- **NOTE: Some distance races may be combined due to the number of participants.**