



**21st Annual Bring the Heat Invitational
Saturday, April 18, 2026**

WHERE: Palisades High School
15221 York Road
Charlotte, NC 28278

LICENSED BY: Amateur Athletic Union (AAU)

HOST: Charlotte Heat Track Club (@charlotteheatcc) Twitter & Instagram
William Bullard, Meet Director (704) 906-0160
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BTH Invitational Alumni

The *Bring the Heat Invitational* is proud of what our track meet alumni have accomplished throughout the years. There have been numerous *Professional Athletes, NCAA Indoor & Outdoor All-Americans, World Athletics U20 Champions, USATF U20 Outdoor Champions, AAU & USATF National Champions, Indoor & Outdoor High School National Champions, and World Record Holders.*

The Bring the Heat Invitational is recognized as “**One of the Toughest Youth Track Meets in the Country**” and we are extremely proud of the alumni who have laid the foundation and rich history of our event.

ELIGIBILITY: This meet is open to any athlete that falls within the age divisions listed below. Each athlete aged 13-18 years may enter in up to a **maximum of 4 events including relays**. Athletes aged 12 and younger may enter in up to a **maximum of 3 events including relays**.

AGE DIVISIONS: Age divisions are determined by the year of birth.

Pee-Wee (6 and under) Girls/Boys Maximum 3 Events including relays
Sub Bantam (7-8) Year Old Girls/Boys Maximum 3 Events including relays
Bantam (9-10) Year Old Girls/Boys Maximum 3 Events including relays
Midget (11-12) Year Old Girls/Boys Maximum 3 Events including relays
Youth (13-14) Year Old Girls/Boys Maximum 4 Events including relays
High School (15-18) Year Old Girls/Boys Maximum 4 Events including relays



MEET ENTRY FEE: Entry fee is **\$35.00** for each **athlete** for **Track & Field events**. All members of relay teams, including alternates, who have not entered an individual event, must pay a **\$30.00** entry fee. **ALL FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE. ALL ENTRY FEES MUST BE PAID ONLINE. Entry will not be processed unless entry fee is paid.** All major credit cards are accepted online. **Registration is limited to the first PAID 1,400 athletes.**

ENTRY PROCESS: All teams and unattached athletes must utilize the online entry process via Athletic.net. This will permit a very efficient registration process that is easy to use. Immediately after registering online, you will receive a receipt from the website, which will produce a list of all athletes registered for the meet. **This receipt should be used as your transcript of your meet entries. If your athletes do not appear on the confirmation sheet, they are not registered for the meet. Please take care of these issues before the deadline.**

DEADLINE DATE: Meet **CAPACITY LIMIT of 1,400 Athletes.** *If you have never attended our meet before we do reach Capacity!!* Online Registration will stay open until 11:59pm April 15, 2026, or when CAPACITY is reached, **Whichever Comes FIRST.** Which means if 1,400 athletes have registered/paid before the deadline, online registration will close early. **Register your athletes early**

PACKET PICKUP: **Friday, April 17, 2026, 6:00PM – 8:00PM – (Palisades High School (Track Facility) 15221 York Road Charlotte, NC 28278)** A packet will be provided for each unattached/team consisting of the roster, events entered, and bib numbers. A team representative will be responsible for picking up the packet. All unattached/teams are urged to pick up their packet on Friday evening as the lines on Saturday can be long. **Packets also can be picked up at the track on Saturday morning, April 18th, beginning at 7:30AM**

AWARDS: Individual and relay medals will be presented for participants who finish **1st – 4th**
Team Awards will be given 1st-3rd Place for Large, Medium and Small Teams

ADMISSION: **(NO Spectator/ Gate Fee)** **Please download the (TeamReach) APP, Group Code: 2026BTHI, we will be using this app the entire meet for event calls, announcements, awards, emergency updates and updates throughout the day.**

FACILITY: ****¼ inch pyramid spikes only.** T-shirts will be available for purchase.
****All vehicles have to be parked in a parking space. No grass parking or along the street. The facility has plenty of available parking spaces**
Fully Automatic Timing with "LIVE RESULTS" No radios, glass containers, or alcoholic beverages are allowed in the facility. This is a smoke-free facility

EMERGENCY PLAN OF ACTION: In the unlikely chance that there is an emergency, teams, athletes, fans, and coaches must be prepared to act. The first step is to listen to all public announcements. If there is an emergency, it will be announced and actions of what to do will be announced as well. These steps must be followed. In the event that there is an active shooter, follow the instructions of police and facility staff. If there are any other medical or other emergencies. Please make meet management aware of it by letting the nearest official or facility staff member know.



There will be NO Coaches or Spectators allowed in the Clerking area at any time. No team or individual warm-ups in the Clerking Area. Athletes participating in running events should warm-up outside until their event is called.

- REFRESHMENTS:** Concession Stand & Food Trucks will be available. Accepting both Cash and Credit Card
- RESULTS:** Results link will be posted online at www.charlotteheatcc.com & TeamReach App
- COMPETITOR BIB NUMBERS:** All athletes will be required to wear their bib numbers on the front of your competition singlet at all times during competition. There is a **(\$10.00) replacement fee (cash only)** for lost bib numbers. Replacement bib numbers can be purchased at the awards pickup area.
- IMPLEMENTS:** **ATHLETES MUST BRING THEIR OWN IMPLEMENTS TO USE DURING COMPETITION.**
- PROTESTS:** Protests concerning the status or eligibility of any competitor must be made to the Meet Director before the commencement of the meet. Protests relating to matters, which develop during the conduct of the meet, must be made to the Meet Director and be filed at once, but in any case, not more than 30 minutes after the result has been announced. Protests **MUST** be filed in writing and presented to the Meet Director accompanied by a cash deposit of \$100.00. If the protest is denied, the cash deposit will be forfeited. ***PROTESTS CONCERNING JUDGMENT CALLS WILL NOT BE ACCEPTED.***
- AIR TRAVEL:** Charlotte Douglas International Airport (CLT) is approximately 30 mins away from Palisades High School
- HOTEL INFO:** All hotels are 10-20 mins from the school



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All Announcements will be made on the PA system and the TeamReach APP. **Please download TeamReach APP, Group Code: 2026BTHI**, we will be using this app the entire meet for all event calls, event age group announcements, awards, emergencies and updates throughout the day. Proceed to check-in at clerking or your designated field event check-in area when notified. Any athlete that does not check-in before their scheduled event is started will be scratched. **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 15mins to report back to their field event after their running event and be ready to continue.**

9:00 AM *Field Event Schedule*

Long Jump Starting 15-18,13-14,11-12, 9-10, 7-8

Discus Starting 15-18,13-14,11-12

Shot Put Starting 7-8, 9-10, 11-12, 13-14, 15-18

Long Jump, Shot Put, Discus will be contested with Three (3) jumps or throws only

This event is licensed by the Amateur Athletic Union of the U.S., Inc.

All participants must have a current AAU membership.

AAU Youth Athlete membership must be obtained before the competition begins.

Non-Athlete memberships cannot be applied for at an event.

Due to background screenings, please allow up to 10 days for adult memberships to be processed.

Participants are encouraged to visit the AAU website www.ausports.org to obtain their membership.