All-Comer Track Series

Track Events: A schedule with a balance of sprint and distance events is offered.

Entry Fee: Please bring **correct** change. **Cash Only**

- ♦ Pay $1.00 per individual 14 years or less.
- ♦ Pay $2.00 per individual 15 years or older.

♦ **MONDAY's -** June 4th, 11th, 18th, 25th, July 2nd, 9th, 16th, 23rd, 30th, and August 6th

- ♦ 6:30 PM – 1600 meter – 3 heats
- ♦ 6:50 PM – 200m – no blocks
- ♦ 6:53 PM – 800m – 2 heats
- ♦ 7:02 PM – 50 meter (youth 10 and under)
- ♦ 7:05 PM – 100m – no blocks
- ♦ 7:10 PM – 400m
- ♦ 7:20 PM – 3200m – 2 heats
- ♦ 8:00 PM – 4x400m relay – baton will be supplied

TRACK MEET POLICIES:

- ♦ Race times listed are approximate. Should the meet get as much as 15 minutes ahead of schedule, events will proceed, so allow for this possibility in the arrival and warm-up. Should the meet fall behind, athletes should keep track of the event being contested and listen for announcements concerning the starting time for their events.
- ♦ Lightning: The meet will be delayed/canceled in the event of lightning.
- ♦ Heats/Sections: Each event will be run with heats/sections attempting to match performances. Slower to faster sections.
- ♦ ALL competitors in running events must sign up and then check in with the clerk-of-course. Runners who have not checked in with the clerk for their heat assignment will not be permitted to run.
- ♦ Warm-ups should not be conducted on the track while races are in progress.
- ♦ Children 8 and under **may not participate in races longer than 800 meters**.
- ♦ Restrooms are made available near the track. Keep these rooms clean and neat.
- ♦ Water – A cooler of water with cups will be available for everyone. Strongly suggest you bring your own fluids.

- Trash – Please police your area and make sure you pick up all trash. Leave the track and surrounding area cleaner than you find it.
- Parents and coaches: For the safety of the children, please make sure they are supervised at all times.