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 10th, 17th, 24th, July 1st, 8th, 15th, 22nd, 29th, and August 5th, August 12th
 - ♦ 6:30 PM 1600 meter 3 heats
 - ♦ 6:50 PM 200m no blocks
 - 6:53 PM 800m 2 heats
 - \bullet 7:02 PM 50 meter (youth 10 and under)
 - ◆ 7:05 PM 100m no blocks
 - ♦ 7:10 PM 400m
 - \bullet 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-ofcourse. 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 <u>may not participate in races longer than 800 meters</u>.
- ♦ 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.