



“Running to the Next Level”

Track Meet: Saturday June 15, 2024

Location: Proviso East H.S.
807 S. 1st Ave. Maywood, IL

Time: 8:30am

Admission: \$10.00 All, \$5.00 children 6-12 years old, under 5 free

You can purchase Tickets by clicking [Jane Dickens Invite](#)

Note:

In this meet, they are not running prelims. Every race is a final. Places are based on times.

All runners must be at the track at 7:30 am. This will give you time to warm up on the track. Once the meet begins you will not be able to get on the track.

If you don't have a uniform, you can run in shorts and a t-shirt. Bring track spikes if you have them.

Bring something to drink and eat. Do not bring **junk food** like potato chips, flaming hots, and candy bars. Bring fruits, sandwiches, and granola bars. There is a concession stand. You can eat there when you **finish competing**.

We have a team canopy tent for all our members to sit under. Look for our tent when you get to the stadium. Be sure to bring a chair to sit during the meet.

Be sure to bring something to shade yourself from the sun when you are waiting for your race. Bring sunscreen also.

If you have any question, give me a call or text me Coach Morrison @ 773-680-0668

This is the order of events:

<u>Time</u>		<u>Event</u>
9:30 a.m.	Track	800 Meter Run 80 Meter Hurdles (B/G) 100 Meter Hurdles (G) 100 Meter Hurdles (B) 100 Meter Hurdles (G) 110 Meter Hurdles (B) 100 Meter Dash (B/G) Shrimps & Atoms (5&U) 400 Meter Dash 1500 Meter Run 200 Meter Dash
8:30 a.m.	Field	Long Jump (Oldest to Youngest) Triple Jump after long jump Shot Put (<i>Oldest to Youngest</i>) Discus (Youngest to Oldest) High Jump (Oldest to Youngest)