

"Running to the Next Level"

66st Ted Haydon Holiday Classic, Saturday, December 15, 2018

Location: University of Chicago, 5600 S. University Ave. Chicago, IL

Time: 8:00

Admission: \$5.00

Note:

In this meet, they are running prelims for the 60m and 60 HH. Every other race is a final. Places are base on times.

All runners must be at the track at 8 am. This will give you time to warm up on the track. Once the meet begin you will not be able to get on the track.

Bring track spike if you have them.

Wear your T-shirt to the meet.

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

Transportation: We will meet at the track..

If you need direction go to our club web site for a link to direction.

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

FIELD EVENTS

8:30am 20lb weight (W) (to follow WWT) 35lb weight(M) (to follow MWT) Shot put (W) (to follow WSP) Shot put (M) 9:00am (WARM-UPS: 8:30am) Long jump (M) (to follow MLJ) Long jump (W) (to follow WLJ) Triple jump (M) (to follow MTJ) Triple jump (W) 10:00am (WARM-UPS: 9:30am) High jump (W) (to follow WHJ) High jump (M) 11:00am Pole vault (W) (to follow WPV) Pole vault (M) **FRUNNING EVENTS** 9:00am 60m Hurdle trials (W) 60m Hurdle trials (39 inch) (Boys) 60m Hurdle trials (42 inch) (Men) Triumph! Only 60m (youth, Autism Spectrum, co-ed) 60m Dash trials (W) 60m Dash trials (M) 11:00am 4x200m relay (W) 4x200m relay (M) Patrick Palmer Mile (W) Patrick Palmer Mile (M) 400m run (W) 400m run (M) Ernest Billups 800m run (W) Ernest Billups 800m run (M) 60m finals (W) 60m finals (M) 60m hurdle finals (42 inch) (M) 60m hurdle finals (39 inch) (M) 60m hurdle finals (W) 200m dash (W) 200m dash (M) 3200 (W) 3200 (M) 4x400m relay (W)

4x400m relay (M)