



“Running to the Next Level”

Track Meet: Jane Dickens Meet, June 16, 2018

**Location: Proviso East High School
801 S. 1st Ave. Maywood, IL 60153**

Time: 8:00am

Admission: \$5.00 adult, and \$2.00 children, Children under 5 free.

Note:

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, wear your Saints TC t-shirt and shorts. Bring track spikes if you have them.

I sent out the order of events. If you did not receive it let me know.

We will have a tent set up for our team. Bring chairs and/or blanket to rest on.

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

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 Heraldo Morrison, Jr.
773-680-0668 or Coach Allen 312-296-3792 .**

Events Schedule

Time

Event

8:00 a.m.

Track

4x200 Meter Relay

800 Meter Run

100 Meter Dash (F)

100 Meter Dash (F) (Open)

110/100/80 Meter Hurdle (F)

110/100 (Open)

4x100 Meter Relay

400 Meter Dash

200/400 Hurdles

1500 Meter Run

1500 Meter Run (Open)

4x400 Meter Relay

8:30 a.m.

Field

Long Jump (Oldest to youngest/Girls followed by boys)

Long Jump (Open)

High Jump

Javelin Throw

Triple Jump (After Long Jump)

Triple Jump (Open)

Shot Put