



“Running to the Next Level”

Windy City Season Opener Invite

Location: Westwood Sport & Fitness Center, 1900 Westwood Dr. Sterling, IL

Time: 9:00 am

Admission: \$7.00 for Adults and Children over the age of 5.

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 9:30 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. Bring your running flats. I am not sure if spikes are allow on the track.

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 a ride let me know. I could make some arrangements.

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.