



“Running to the Next Level”

Track Meet: Saturday June, 9, 2018

Location: Kankakee High School
1200 W. Jeffery St. Kankakee, IL 60901

Time: 8:00am

Admission: \$5.00 All, children under 5 free

Note:

In this meet, there are not running prelims. Every race is a final. Places are base 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 begin you will not be able to get on the track.

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

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**.

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 or Coach Allen 312-296-3792 .

**KANKAKEE TRACK CLUB INTERNATIONAL
INVITATIONAL
TRACK & FIELD MEET**

ORDER OF EVENTS

FIELD EVENTS (girls then boys)

8:30 a.m.

Pole Vault (youngest to oldest) **Added**

Long Jump (youngest to oldest)

Triple Jump (youngest to oldest) **After Long Jump**

High Jump (oldest to youngest)

Shot Put (youngest to oldest)

Discus (oldest to youngest)

Mini Turbo Javelin and Javelin **1:00 p.m.**

RUNNING EVENTS

8:00 Am

3000 11-12, 13-14, 15-16, 17-18

80H F

100H F

110H F

100 F

800

200H

400H

4 x 100 Relay

400

1500

200

4 x 400 Relay

All OPEN Events may be running with YM / YW or after

All Races Are Time Finals