



“Running to the Next Level”

Track Meet: Saturday June 2, 2018

Location: Marian Catholic High School
700 Ashland ave. Chicago Heights, il

Time: 8:00am

Admission: \$5.00 adult, and children under 12 is \$3.00

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 7:00 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 Heraldo Morrison, Jr. 773-680-0668.

MEET SCHEDULE

8:00 AM All Field Events

Long Jump (youngest to oldest)

Triple Jump after long

High Jump youngest to oldest

Shot put youngest-oldest

Discus throw (oldest-youngest)

Javelin- after discus Throw youngest-oldest

8:30 AM-Finals

3000 meter run final

110 hurdle final

100 m hurdle final

80 meter hurdle final

1500 meter race walk

100m final

800m final

Break for all 5 and under 50 meter dash

4 x 100 relay final

400 meter dash final

400/200 Hurdles final

1500 meter run final

200 meter dash final

4 x 400 relay final