



“Running to the Next Level”

Track Meet: Saturday July 17, 2021

Location: Lake Park East Campus High School
600 S. Medinah Rd. Roselle, IL (Corner of Irving Park and
Medinah Rd.)

Time: 9:00am

Admission: \$5.00 adult, and children under 12 free

Note:

In this meet, they are not running prelims. Every race is a final. Places are base on times.

All runners must be at the track at 8:00 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.