



“Running to the Next Level”

USATF All-Comer Meet

Location: Joliet Memorial Stadium, 3000 Jefferson St. Joliet, IL

Date: July 10 & 11, 2021

Time: Sat. Jul. 10 @ 8 am / Sunday Jul. 11 @ 7 am

Admission: \$10.00

Note:

Not everyone is competing on both days. The list of events for each days are below. You only have to come on the day you are competing.

Every events are finals. 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.

Bring track spike if you have them. Bring your running flats.

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: You can get there on your own. If you need a ride let me know.

If you need direction go to our club web site for a link to direction.

Saturday, July 10

Running Events (8:00am)

3000 (F)
100 (P)
200H (F)
400H (F)
800 (F)
100 (F)
4x800 (F)
4x100 (F)

Field Events (8:00 am)

LJ (0-10)
Triple Jump (All)
Pole Vault (Boys)
High Jump (Girls)
Shot Put (Boys)
Discus (Girls)
Javelin (Girls)

Sunday, July 11

Running Events (7:00am)

Steeplechase (F)
Race Walks (F)
110/100/80H
80/100/110H
400 (F)
1500 (F)
200 (F)
4x400 (F)

Field Events (8:30am)

LJ (11-18)
High Jump (Boys)
Shot Put (Girls)
Discus (Boys)
Javelin (Boys)
Pole Vault (Girls)

**If you have any question, give me a call or text me. Coach Heraldo Morrison, Jr.
773-680-0668.**