



The LANIER RUNNING CLUB Presents The **2009 All Comers Track Series**

Tuesday June 2, 9, 16, 23 and a Championship Meet on June 30, 2009

All Comers: These are low-key track meets for all abilities and ages to enjoy during the summer months. The meets will go on rain or shine.

Site: Flowery Branch High School Track. 4450 Hog Mountain Road, Flowery Branch, GA 30542. Starting time is 6:30pm. Registration opens at 6:00pm.

Cost: \$1.00 for Youth/Student Athletes; \$2.00 for Adult Athletes.

Registration: No pre-registration. Sign up at each meet beginning at 6:00pm.

Awards: Medals will be given to event winners at the Championship Meet on June 30, 2009. (Maximum of two medals per participant)

Web: www.lanierrunningclub.org. Please verify updated information prior to each meet.

Contact: Wes Wessely (wwessely@bellsouth.net) or Art DaCosta (daco5029@bellsouth.net)

Volunteers: Many volunteers are needed for an event of this type. If you would like to volunteer please contact Wes or Art at the above address. Spectators and participants will be asked to help out if possible.

Track Events:

6:30 PM - Long Jump

6:30 PM - 100 meter hurdles - girls

6:35 PM - 110 meter hurdles - boys

6:40 PM - Parent-Child/Coach Athlete Relays - each individual runs a 400 meter lap

6:45 PM - 50 meter dash - 10 and under

6:50 PM - 100 meter dash

7:00 PM - 1600 meter run (6/2, 6/16, 6/30) 1500 meter run (6/9, 6/23)

7:15 PM - 200 meter dash

7:20 PM - 800 meter run

7:30 PM - 400 meter dash

7:40 PM - 3200 meter run (6/2, 6/16, 6/30) 3000 meter run (6/9, 6/23)