



The LANIER RUNNING CLUB Presents The **2010 All Comers Track Series**

Thursday June 3, 10, 17, 24 and a Championship Meet on July 1, 2010

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: Gainesville High School Track, 830 Century Place, Gainesville, GA 30501. 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 July 1, 2010. (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 (6/10, 6/24)

7:15 PM - 200 meter dash

7:20 PM - 800 meter run

7:30 PM - 400 meter dash

7:40 PM - 3200 meter run (6/3, 6/17, 7/1) 3000 meter run (6/10, 6/24)