

2015 Run for the Dream Summer



Dates and Location:
Tuesday, June 9th (Fresno Pacific)
Tuesday, June 23rd (Hanford)
Thursday, July 9th (Fresno Pacific)
Thursday, July 16th (Lemoore)

Contact Information
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Learn by Doing
Track and Field Clinics
For Elementary and
Middle School Athletes

\$5.00 Entry Fee into Meet for
Athletes, Coaches, Parents, and

Run for the Dream Summer Series
Meet Schedule
June 23rd
Hanford High School

Running Events:

<u>Time</u>	<u>Event</u>	<u>Divisions and Order</u>
6:30 p.m.	55m hurdles	Elementary Girls Elementary Boys Middle School Girls Middle School Boys High School Girls High School Boys Open, Masters Women Open, Masters Men

<u>Time</u>	<u>Event</u>	<u>Divisions and Order</u>
6:45 p.m.	800m	Elementary School Girls Elementary School Boys Middle School Girls Middle School Boys High School Girls High School Boys Open, Masters Women Open, Masters Men

<u>Time</u>	<u>Event</u>	<u>Divisions and Order</u>
7:15 p.m.	50m	Kindergarten & Under Girls Kindergarten & Under Boys 1 st -2 nd Grade Girls 1 st -2 nd Grade Boys 3 rd -4 th Grade Girls 3 rd -4 th Grade Boys Elementary School Girls Elementary School Boys Middle School Girls Middle School Boys High School Girls High School Boys Open, Masters Women Open, Masters Men

<u>Time</u>	<u>Event</u>	<u>Division</u>
7:45p.m.	4x50 Shuttle Relay	K- 4 th Grade

<u>Time</u>	<u>Event</u>	<u>Divisions</u>
8:00p.m.	Special Event	

Got Milk Better Future Moms and Central Valley Youth Fitness Honorees

<u>Time</u>	<u>Event</u>	<u>Divisions and Order</u>
8:20 p.m.	300m	Elementary School Girls Elementary School Boys Middle School Girls Middle School Boys High School Girls High School Boys Open,Masters Women Open,Masters Men

<u>Time</u>	<u>Event</u>	<u>Divisions and Order</u>
8:40 P.M.	Mile Run	Elementary School Girls Elementary School Boys Middle School Girls Middle School Boys High School – Open - Masters Women High School – Open – Masters Men

8:40 P.M.	1 Mile Race Walk	All Divisions
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<u>Time</u>	<u>Event</u>	<u>Divisions and Order</u>
9:00 P.M.	4X100m Relay	All Divisions

Competition Divisions

Elementary School: 6th Grade and Under

Middle School: 7th and 8th Grade

High School: 9th- 12th Grade

Open and above

Masters: 40 years and above

****Grade in school as of Spring 2015***

In the 50m dash, Shuttle Relay, and standing long jump the age groups will be divided into Kdg. and under, 1st-2nd, 3rd-4th.

Run for the Dream Summer Series Meet Schedule

Field Events:

<u>Pole Vault</u>	<u>Time</u>	<u>Division</u>	<u>Location</u>
	6:00pm	Middle School Boys and Girls	Stadium
	7:00pm	High School Boys and Girls	Stadium
	8:15pm	Open- Masters Men and Women* *7 jump limit for Open and Masters	Stadium Vaulters
<u>High Jump</u>	6:30pm	Elem. Boys	Pit 1
	6:30pm	Elem. Girls	Pit 2
	7:15pm	Middle School Boys	Pit 1
	7:15pm	Middle School Girls	Pit 2
	8:15pm	High School- Open and Masters Men	Pit 1
	8:15pm	High School- Open and Masters Women	Pit 2
<u>Long Jump</u>	6:30pm	Middle School Boys and Girls	North Pit
	7:15pm	High School- Open and Masters Men and Women	North Pit
	8:00pm	Elementary Boys and Girls	North Pit
<u>Standing LJ</u>	8:00pm	Boys and Girls (3 rd grade and under)	South Pit
<u>Triple Jump</u>	6:00pm	Elem Boys and Girls	South Pit
	7:15pm	Middle School Boys and Girls	South Pit
	8:30pm	High School Open and Masters Men and Women	South Pit
<u>Shot Put</u>	6:00pm	Elem. Girls	Stadium
	6:30pm	Elem. Boys	Stadium
	8:00pm	High School, Open and Masters Men and Women	Stadium
	8:30pm	Middle School Boys and Girls	Stadium
<u>Discus</u>	6:30pm	High School and Masters Men and Women	West Field
	7:30pm	Elem& MidSchool Boys and Girls	West Field
<u>Turbo Javelin</u>	8:30pm	Elementary Boys and Girls	Stadium
<u>Javelin</u>	5:30pm	Middle School ,High School, Open, Masters	West Field

Run for the Dream Summer Series

Learn by doing clinic

June 23rd

5:00pm – 6:00pm

Elementary and Middle School Clinics

Turbo Javelin

Long Jump and Triple Jump

Shot Put and Discus

Sprints

Hurdles

Distance

High Jump

First Step Stick Vault – Elementary and Intermediate Youth who have no pole vaulting experience. Next Step vault for youth with limited experience.

REPORT BY 4:45pm