



Summer Track and Field Meet Series

The Meets are mid-week development competitions to encourage hard work, fitness, and good nutrition through the sport of Track and Field.

Location: Tiger Stadium
Lemoore High School (101 E. Bush St./Lemoore CA 93245)
Home of Tommie Smith who set eleven world records in the sprints

2010 Dates: Tuesdays June 8, 22
Tuesdays July 6, 13, 20

Admission: \$ 3.00 per person. Final Meet on July 20th will be a \$4 entry fee.
All Athletes, Coaches, Parents, Children and Fans must pay the admission fee.

Registration: All Athletes register at the table at the front entrance. Field Event Competitors will sign up at the event. Athletes in running events sign in with the clerk of the course carrying the big yellow flag.

Please Note:

1. Only the participating athletes, officials, and medical staff are allowed on the field.
2. Warm up areas are on the grass located on the south side of the front gate, behind the stadium berms, the short straight-a-way on the East end of the Track.
3. All throwing event warm ups must be at the event site.
4. Lemoore High concession stand will be open for your convenience.
5. The Final Meet on July 20th will be called The City Championships with teams from valley cities competing for the City Championship Title. Great Britain has adopted the same concept to promote the sport.

Divisions: **KU** = Kindergarten and Under **MS** = Middle School (7th through 8th grade)
 EM1 = 1st through 3rd Grade **HS** = High School (9th through 12th grade)
 EM2 = 4th through 6th Grade **OM** = Open (18-39)/Masters (40+)

Events/Dates Contested:

Running Events	Dates Contested	KU	EM1	EM2	MS	HS	OM
50M	All	X	X	X	X	X	X
300M	All			X	X		
600M	All					X	X
800M	All			X	X	X	X
Mile Run	All			X	X	X	X
2 Mile Race/Walk	All						X
55M Hurdles	All			X	X	X	X
4X100M Relay*	6/22, 7/13, 7/20			X	X	X	X
4X400M Relay*	6/08, 7/06, 7/20			X	X	X	X

<i>Field Events</i>	<i>Dates Contested</i>	<i>KU</i>	<i>EM1</i>	<i>EM2</i>	<i>MS</i>	<i>HS</i>	<i>OM</i>
Standing Long Jump	All	X	X				
Long Jump*	6/08, 7/06, 7/20			X	X	X	X
Triple Jump*	6/22, 7/13, 7/20			X	X	X	X
High Jump	All			X	X	X	X
Pole Vault	All				X	X	X
Shot Put	All			X	X	X	X
Discus	All				X	X	X
Turbo Javelin	All			X	X		
Javelin	All					X	X

Time Schedule:

<i>Running Events – Each running event will START with the youngest division</i>		
<i>Time</i>	<i>Event</i>	<i>Location/Notes</i>
6:30 pm	55M Hurdles	Lanes 4-9 - South Side of Track
6:30 pm	800M	Lanes 1-3 - North Side of Track
7:00 pm	50M	North Side of Track
8:00 pm	300M	Starts @ South Side of Track
8:20 pm	600M	Starts @ South Side of Track
8:40 pm	Mile Run	Lanes 1-4
8:40 pm	2 Mile Race/Walk	Lanes 6-9
9:00 pm	4X100M or 4X400M Relays	
<i>Field Events</i>		
<i>Time</i>	<i>Event</i>	<i>Divisions (Location)</i>
5:30 pm	Javelin	HS Boys, HS Girls, OM Men, OM Women
6:00 pm	Pole Vault	MS Boys (Pit 1), MS Girls (Pit 2)
6:30 pm	Shot Put	HS Girls, OM Women
	Discus	HS Boys, OM Men
	High Jump	EM2 Girls (Pit 1), EM2 Boys (Pit 2)
	Long Jump	MS Boys (Pit 1), MS Girls (Pit 2)
7:15 pm	Shot Put	HS Boys, OM Men
	Discus	HS Girls, OM Women
	Long Jump	HS Boys (Pit 1), OM Men (Pit 1), HS Girls (Pit 2), OM Women (Pit 2)
	Pole Vault	HS Girls (Pit 1), HS Boys (Pit 2)
	High Jump	MS Girls (Pit 1), MS Boys (Pit 2)
8:00 pm	Shot Put	EM2 Girls, MS Girls
	Discus	MS Boys
	Standing Long Jump	KU Boys, KU Girls, EM1 Boys, EM1 Girls
	Long Jump	EM2 Girls (Pit 1), EM2 Boys (Pit 2)
	Turbo Javelin	EM2 Boys, MS Boys
8:30 pm	Pole Vault	OM Women (Pit 1), OM Men (Pit 2)
	Turbo Javelin	MS Girls
	High Jump	HS Girls (Pit 1), OM Women (Pit 1), HS Boys (Pit 2), OM Men (Pit 2)
8:45 pm	Shot Put	EM2 Boys, MS Boys
	Discus	MS Girls

Additional Information:

Bob Fraley

e-mail: napva@hotmail.com

phone: (559) 908-2099

website: www.runforthedream.com