



The LANIER RUNNING CLUB Presents The 2015 All Comers Track Series

Thursday June 4, 11, 18 and 25, 2015

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

Site: Chestatee High School Track, 3005 Sardis Road, Gainesville, GA 30506. Starting time is 6:30pm. Registration opens at 6:00pm.

Cost: This event is FREE to all athletes!!

Practice: The facility will be open for practice on Tuesday June 2, 9, 16 and 23 from 6:00 pm to 7:00 pm

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

Web: www.lanierrunningclub.org. Please verify updated meet 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 e-mail one of the above contacts. Spectators and participants will be asked to help out if needed.

Track Events:

6:30pm 1500 Meter Race Walk

6:30pm Long Jump, Triple Jump, High Jump (If pit is available)

6:40pm Parent/Child Coach/Athlete Relays. Each individual runs a 400 meter lap

6:50pm 50 Meter Dash (10 and under)

6:50pm 100 Meter Dash

7:00pm 1600 Meter Run (6/4, 6/18) 1500 Meter Run (6/11, 6/25)

7:15pm 200 Meter Dash

7:20pm 800 Meter Run

7:30pm 400 Meter Dash

7:40pm 3200 Meter Run (6/4, 6/18) 3000 Meter Run (6/11, 6/25)

5 Hurdles will be available for anyone wanting to practice