

2019 Summer Track and Field Series

Sponsored by

Maximum Velocity Track and Field Club &



Tuesday Evenings @ Penfield High School

June 25-July 30 (no meet July 2)

6:00pm Start

SCHEDULE OF EVENTS

M=MEN W=WOMEN

	Meet #1 June 25	Meet #2 July 9	Meet #3 July 16	Meet #4 July 23
5:00 PM	Pole Vault - warm ups	Pole Vault - warm ups	Pole Vault - warm ups	Pole Vault - warm ups
6:00 PM	Pole Vault - High Pit Start (9') Low Pit Start (5') Bar will go up in 6" increments	Pole Vault - High Pit Start (9'2") Low Pit Start (5'2") Bar will go up in 6" increments	Pole Vault - High Pit Start (9'4") Low Pit Start (5'4") Bar will go up in 6" increments	Pole Vault - High Pit Start (9') Low Pit Start (5') Bar will go up in 6" increments
6:00 PM	110m Hurdles M 100m Hurdles W 55m Hurdles (11-14 yr olds only) 55m (6&under - only event) 200m W/M 800m W/M 4X400m W/M/Mix 5000m W/M	55m (6&under - only event) 1000m W/M 400m W/M 100m W/M SMR (Sprint Medley Relay) W/M/Mix 100/100/200/400	400m Hurdles M/W 55m (6&under - only event) 55m W/M 300m W/M 600m W/M 4X100m W/M/Mix 3000m W/M 1500m/3000m Racewalk W/M	110m Hurdles M 100m Hurdles W 55m Hurdles (11-14 yr olds only) 55m (6&under - only event) 100m W/M 400m W/M 4X100m Relay W/M/Mix 4X1mile Relay W/M/Mix
6:00 PM	High Jump W/M Long Jump W/M Triple Jump M/W Discus M/W Shot/Javelin M/W	High Jump W/M Long Jump W/M Triple Jump M/W Discus W/M Shot/Javelin W/M	High Jump W/M Long Jump W/M Triple Jump M/W Discus W/M Shot/Javelin M/W	High Jump W/M Long Jump W/M Triple Jump M/W Discus W/M Shot/Javelin M/W

	Meet #5 July 30
5:00 PM	Pole Vault - warm ups
6:00 PM	Pole Vault - High Pit Start (9'2") Low Pit Start (5'2") Bar will go up in 6" increments
6:00 PM	400m Hurdles W/M 55m (6&under - only event) 800m W/M 200m W/M 1600m W/M 4X100m Relay W/M/Mix 10,000m W/M
6:00 PM	High Jump W/M Long Jump W/M Triple Jump M/W Discus W/M Shot/Javelin M/W

ALL REGISTRATIONS AT THE MEETS
\$6 per meet per person
 OR
\$25 Series Package - all 5 meets
 Athletes can participate in up to 3 events
 Ribbons awarded to top 3 finishers

KEEP YOUR BIB NUMBER FOR ALL OF THE MEETS!



NEW! 3K Cross Country Race
 Thursday July 25 @PHS 7:00pm
 \$3 per athlete, register at the race

6 & under 55m (\$1 at registration)
All runners receive ribbons.
This is the only event for 6 and under athletes.

THURSDAY MEETS FOR 10 & Under ATHLETES
 MORE INFO ON BACK

