

RICE UNIVERSITY All Comers Track Meets 2014

THURSDAY NIGHTS May 22nd, June 5th, 12th, 19th, and 26th

Holloway Field (Rice University Track Stadium)

Who: This meet is for everyone! We've had people from age 5--- 80 run, Olympic Champions and world record holders to people who have never participated in a meet.

Schedule: This is a rolling schedule. Occasionally special events will be run at a specific time
All events are heated faster sections first followed by slower sections women first followed by men.
Javelin at 4pm All Other Throws Rolling at 5pm Jumps at 6pm--- Women followed by Men

Running Events: Field Events:

6:00PM*- 4x100m

6:30 PM 110/ 100m Hurdles (heights can be set to accommodate different age groups)

Mile Race Walk (3000m competed concurrently upon request except June 12th)

7:00 PM 400 Hurdles

100 Meters

800 Meters

400 Meters

1500 or Mile Run (alternating meets)

200 Meters

3000 Meters

4 x 400 Relay

2000m Steeple Chase

*We will run a 4 x 100 relay at 6:00 PM if teams desire. Please let meet organizers know by 5:30 if a team wishes to run. IF NO ONE HAS CONTACTED THE MEET ORGANIZERS BY 5:30 THE EVENT WILL NOT BE HELD.

Entry Fee: \$10.00 per person. Unlimited events. Team discounts are available and depend on team size. They must be purchased all at once. Contact Casey for details.

Admission: There is a \$1 admission fee for all adults 12 or over including participants. This goes to ensure we can provide free close parking.

Parking: Parking is free in lot 4.

Event Heating: All events will be heated at that event's starting line.

Results: Results will be posted as soon as possible after the completion of each meet at speed-development.com For more information contact: Casey Thom at cdt1@rice.edu

Sanctioning: These meets are USATF Sanctioned and we will make every effort to make sure that marks in the first 3 meets can be used for USA Junior or Senior Qualifying including using wind gages, FAT, and certified officials. If it is your goal to qualify in something please inform the meet director the week prior to ensure arrangements have been made for your event.

Weather: We will post meet related weather updates on twitter @coachingedtx. We will make our best efforts to complete every meet possible and will delay the events when necessary. **No refunds will be issued due to weather.**

These meets have two purposes; One is to provide all those interested in track a fun, safe place to compete and, the other is to allow for all competitors to post their fastest or farthest marks possible. All of the workers and volunteers are here to aid and promote track and field and to provide individuals with a much needed opportunity to compete. If you have any questions or comments concerning these meets they should be directed to the meet directors. Thank you, good luck and have fun.