

# 2017 Summer Track and Field Series

Sponsored by

**Maximum Velocity Track and Field Club** &



Tuesday Evenings @ Penfield High School

June 20-Aug1 (no meet July 4)

6:00pm Start

## SCHEDULE OF EVENTS

M=MEN W=WOMEN

	Meet #1 June 20, 2017	Meet #2 June 27, 2017	Meet #3 July 11, 2017	Meet #4 July 18, 2017
<b>5:00 PM</b>	Pole Vault - warm ups	Pole Vault - warm ups	Pole Vault - warm ups	Pole Vault - warm ups
<b>6:00 PM</b>	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
<b>6:00 PM</b>	400m Hurdles M/W 55m Dash (6&under - only event) 100m W/M 400m W/M 1500m W/M 4 X 100m Relay W/M/Mix	110m Hurdles M 100m Hurdles W 55m Hurdles (11-14 yr olds only) 55m Dash (6&under - only event) 200m W/M 800m W/M 4X400m W/M/Mix 5000m W/M	55m Dash (6&under - only event) 400m W/M 100m W/M 4X200m Relay W/M/Mix 9600m Relay W/M/Mix (alternating 800m's)	400m Hurdles M/W 55m (6&under - only event) 55m (7 & older) W/M 300m W/M 600m W/M 4X100m W/M/Mix Sprint Medley (100/100/200/400) 1500m/3000m Racewalk W/M
<b>6:00 PM</b>	High Jump W/M Long Jump W/M Triple Jump M/W Discus M/W Shot/Javelin M/W Turbo Javelin 12 and Under	High Jump W/M Long Jump W/M Triple Jump M/W Discus W/M Shot/Javelin W/M Turbo Javelin 12 and Under	High Jump W/M Long Jump W/M Triple Jump M/W Discus W/M Shot/Javelin M/W Turbo Javelin 12 and Under	High Jump W/M Long Jump W/M Triple Jump M/W Discus W/M Shot/Javelin M/W Turbo Javelin 12 and Under

	Meet #5 July 25, 2017	Meet #6 Aug 1, 2017
<b>5:00 PM</b>	Pole Vault - warm ups	Pole Vault - warm ups
<b>6:00 PM</b>	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
<b>6:00 PM</b>	110m Hurdles M 100m Hurdles W 55m Hurdles (11-14 yr olds only) 55m Dash (6&under - only event) 100m W/M 3000m W/M 400m W/M 4X100m Relay W/M/Mix 3 Runner 8000m Relay W/M/Mix (alternating 200m's)	200m Int. Hurdles W/M 55m Dash (6&under - only event) 800m W/M 200m W/M 1600m W/M 4X100m Relay W/M/Mix * With a Throwers heat 10,000m W/M
<b>6:00 PM</b>	High Jump W/M Long Jump W/M Triple Jump M/W Discus W/M Shot/Javelin M/W Turbo Javelin 12 and Under	High Jump W/M Long Jump W/M Triple Jump M/W Discus W/M Shot/Javelin W/M Turbo Javelin 12 and Under

**\$6 per meet per person (7yrs +)**  
OR  
**\$30 Series Package - all 6 meets**  
Athletes can participate in up to 3 events  
Ribbons awarded to top 4 finishers

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

Age Requirements:	
<b>Running events (including relays):</b>	
100m-400	7yrs +
600m-1600m	10yrs+
3000m and longer	12yrs+
100m/110m Hurdles	14yrs+
<b>Field Events</b>	7+
(excluding Pole Vault)	
<b>Pole Vault</b>	14+

**NEW THIS SUMMER!!!**

THURSDAY MEETS FOR **10 & Under** ATHLETES  
MORE INFO ON BACK

