

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

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

