

2009 All-Comers
Summer
Track Series



**Location
Change**

Santa Rosa High School

1235 Mendocino Avenue, Santa Rosa

Starting Time

6:30 p.m. MILE RUN

Order of Events

Mile Run

100 Meter Dash

800 Meter Run

200 Meter Dash

400 Meter Run

Distance Medley Relay

4x400 Meter Relay

AUG 5th

(This is the last meet)

Benefits go to:

**Maria Carrillo HS Cross
Country Team**

Directed by:

**Empire Runners Club of
Sonoma County**

Track

All-weather
Surface

Entry Fee

\$3 – 13 & older

\$2 – Under 13

No limit on
number of events

All ages and levels of ability are welcome. Heats are separated by ability level and/or age groups. All finishers (except kids 100m & 200m) are timed and results posted in Empire Runners newsletter & on website www.empirerunners.org.

Directions to Santa Rosa high School Track: *Located directly West of the high school and south of Santa Rosa Junior College. From Mendocino (north of College Avenue) turn West onto Ridgeway Drive, then North on Glenn Street. Drive back to Track Parking past baseball diamonds.*