

2008 All-Comers

Summer Track Series



65 Brookwood Ave - Santa Rosa CA 95404

at Montgomery High School

1250 Hahman Drive, Santa Rosa

Starting Time

The first event starts at 6:30 p.m.

Order of Events

Mile Run

100 Meter Dash

800 Meter Run

200 Meter Dash

400 Meter Run

One of the following:

3000 Meter Run (6/11 & 7/22)

2 Mile Run (6/24)

5000 Meter Run (7/9)

Distance Medley Relay (8/6)

4x400 Meter Relay

Meet Dates

Wednesday, June 11

Tuesday, June 24

Wednesday, July 9

Tuesday, July 22

Wednesday, Aug 6

Track

All-Weather Surface

Entry Fee

\$3 for entrants aged 13-and-over, \$2 for 12-and-under; 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 timed and results published in the Empire Runners Newsletter.

Information: Val Sell 707-481-5149

Benefits Montgomery High School Cross Country Team
Directed by the Empire Runners Club of Sonoma County

Directions to Montgomery High School: From 101, take Hwy 12 East toward Sonoma. Go straight through Farmers Lane and continue onto Hoen Ave. Turn left at first light. Track will be on the right.