



Richmond Road Runners Club  
**SUMMER TRACK SERIES 2019**

University of Richmond's E. Claiborne Robins Stadium - Fred Hardy Track  
365 College Rd  
Richmond, VA US 23173

### Weekly Schedule of Events

- Tuesday, 6/14: 800m, 100m, 4 x 400m Relay, PYT Mile
- Tuesday, 6/21: 1500m, Sprint Medley Relay (200-200-400-800), PYT Mile
- Tuesday, 6/28: 200m, Distance Medley Relay (1200-400-800-1600), PYT Mile
- Tuesday, 7/5: 100m, 4 x 800m Relay, PYT Mile
- Thursday 7/23: Mile, Parloff Relay (3- or 5-person continuous 4 x 200m for 20 minutes), PYT Mile

### Nightly Schedule

- Gates open 5:30 PM
- Registration/check-in open 6:00 PM
- First event 6:30 PM

Participants will need to be in the starting area when first call is announced, in order to receive heat assignments. The time between events will be determined by the number of participants. *Following each night's final event each, we encourage everyone to participate in a group cool-down!*

*Depending on the time available, we will have a Predict Your Time (PYT) Mile.*

### Registration & Basic Rules

The Summer Track Series is free and open to runners of all ages and abilities. **However, ALL RUNNERS MUST REGISTER, provide emergency contact information, and agree to the waiver, either online or in writing, before stepping on the track for the first time. NO EXCEPTIONS.**

**Online registration is strongly encouraged.** Go to  
<https://runsignup.com/Race/VA/Richmond/SummerTrackSeries>.

RRRC will conduct this track series under the rules and conditions established by the Road Runners Club of America. All decisions by the meet director are final.

We will run in the rain as long as there is no lightning. Any cancellations will be made onsite.

**Volunteers:** Registered volunteers will receive a Grand Prix point for each night, so please sign up to help at

<https://runsignup.com/Race/Volunteer/VA/Richmond/SummerTrackSeries>.