



Richmond Road Runners Club
SUMMER TRACK SERIES 2018

University of Richmond's Fred Hardy Track
E. Claiborne Robins Stadium
238 Boatwright Drive
Richmond, VA US 23173

Weekly Schedule of Events

- Wednesday 6-13: 800m, 100m, 4 x 400m Relay, PYT Mile
- Wednesday 6-20: 1500m, 400m, Sprint Medley Relay (200-200-400-800), PYT Mile
- Wednesday 6-27: 800m, 200m, Distance Medley Relay (1200-400-800-1600), PYT Mile
- Wednesday 7-18: Mile, 100m, 4 x 800m Relay, PYT Mile
- Wednesday 7-25: 400m, 2 Mile, Parloff Relay (3- or 5-person continuous 4 x 200m for 20 minutes), PYT Mile
- Wednesday 8-1: 800m, 8K Relay (4 x 400m), PYT Mile

Nightly Schedule

- Gates open 5:30 PM
- Registration 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 either a Predict Your Time (PYT) Mile or a similar contest/raffle so that everyone may have an opportunity to win some prizes.

Registration & Basic Rules

The Summer Track Series has no registration fees, but **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/rrrcsummertrack>.

RRRC & U of R will conduct this track series under the rules and conditions established by the RRCA. All decisions by the meet director are final. We reserve the right to cancel due to weather. Every effort will be made to provide sufficient notice. Please check your email and/or the RRRC website for a notice if there is impending weather which could cause the session to be canceled.