

# Henderson Summer All Comers Track Meets

## Presented by Chester County Racing Services

**What**-Tuesday/Wednesday night meets at Henderson High School's beautiful track and field facility. All levels of athletes are welcome. At some of the meets, we may have some elite events with athletes trying to get USA Champs and World Championship Qualifying standards. Be sure to stick around to watch.

**Where**-Henderson High School, 400 Montgomery Avenue, West Chester, PA 19380.

**Cost**-Preregistered athletes at \$15 for the first event and \$5 for each additional event. Meet day registration is \$20 per athlete for the 1<sup>st</sup> event and \$5 for each additional event. There will be a DMR on June 11. The DMR will be \$40 per team and then each additional event that night will be \$5 for relay members. We will get FAT splits for the DMR.

**When**-June 11, July 16 and July 24. The meets will start at 5:30PM.

**Entry Procedure**-You can enter on PaMilesplit until Noon on the day of the meet or you can enter at the meet until 6:00. You can pay at the meet or you can go to Runsignup.com to pay

**Results will be live and posted at [www.runccrs.com](http://www.runccrs.com).**

### **Order of Events: 7/16 and 7/24**

**5:30-Long Jump-open pit until 7. Triple jump will go from 7:15-8:15. Discus-5:30.Shot Put-7:00.(For the field events, we may need some additional helpers to keep things going smoothly)**

**5:45-100 meters**

**6:15-Mile**

**6:50-400 meters**

**7:10-800 meters**

**7:30-4 x 100 meters**

**7:45-3000m-7/16, 5000m-7/24**

**8:00-200 meters**

**All non-elite events will be run coed based on seed time. Please seed yourself realistically.**

### **Schedule 6/11**

**5:45-Long Jump-open pit until finished. Triple jump follows. Discus-5:30.Shot Put-follows..(For the field events, we may need some additional helpers to keep things going smoothly)**

**6:00-100 meters**

**6:15-400 meters**

**6:20-Distance Medley Relay-1200,400, 800, 1600**

**6:40-4 x 100m**

**6:45-800 meters**

**6:55-Mile**

**7:05-200**

Admission will be \$5 for non-participants. We will have a concession stand and T-Shirts.

Please e-mail Kevin Kelly with any questions at [kkelly1@wcasd.net](mailto:kkelly1@wcasd.net).