

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 1st 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. For the football 40 yard dash, the cost is \$5. We're working on getting that added to the entry lineup. Coaches may just have to e-mail me with their list of athletes. We're going to have 2 categories in the 40. Lineman and skill players. We'll have trials and finals for each group.

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.

Order of Events: 7/16 and 7/24

5:30-Long Jump-open pit. Triple jump will follow. Discus-5:30.Shot Put-to follow. For the field events, we may need some additional helpers to keep things going smoothly)

5:45-100 meters-The meet will be rolling after that. We'll put up a time schedule at 1 on race day.

Mile

40 yard dash for football players-Trials

400 meters

4 x 100 meters

40 yard dash finals.

800 meters

3000m-7/16, 5000m-7/24

200 meters

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

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.