

# Join Us Tuesdays!

## 2008 ATC All-Comers Track And Field



### EMORY UNIVERSITY

Woodruff Physical Education Center | Atlanta, GA

Tuesdays—May 6, 13, 20, 27, June 3, 10, 17

Gates Open at 5:00 p.m.

## the events

### ORDER OF EVENTS

Because time limitations make it impossible to contest all running events on a given night, a split schedule with a balance of sprint and distance events is offered.

### FIELD EVENTS

Field events will begin with youth sections followed by adults

5:30 pm - Long Jump, Shot Put, High Jump (higher heights; lower heights)

6:30 pm - Pole Vault (6:15 pm - 6:30 pm warm-up)

### HURDLES

Hurdle events will begin at 5:30 pm (hurdlers should report to the clerk-of-course by 5:15 pm)

110m for Males 15+

100m for Males 13-14

100m for Females 13-19

80m for Females 40+

80m for Youth 12 & Under M&F

### TRACK EVENTS

May 6, May 20, June 3, June 17 - 100m Dash, 400m, 4x100, 8 & Over 1500m, 3K

May 13, May 27, June 10 - 200m Dash, 800m, 4x400m Relay, Mile Run, 5K

5:30 pm - Racewalk, 7 & Under 400m, 8 & Over 1500m

6:00 pm - Parent-Child or Coach-Athlete Relays

6:20 pm - 4x100m/4x400m Relays

6:45 pm - 50m Dash 10 & Under

7:00 pm - 100m/200m Dash

7:30 pm - 400m/800m Run

8:00 pm - 1500m/Mile Run

8:30 pm - Distance Run 3K/5K

## the details

### MEET POLICIES

Meet Officials will be wearing T-shirts to identify them as officials. If you have any questions these are the people to ask.

Race times listed are approximate. Should the meet get as much as 20 minutes ahead of schedule, events will proceed, so allow for this possibility in your arrival and warm-up. Should the meet fall behind, athletes should keep track of the event being contested and listen for announcements concerning the starting time for their events.

All competitors in running events must check in with the clerk-of-course within five minutes of the announcer's call. The announcer will make two calls - a first call and a final call. Runners who have not checked in with the clerk for their heat assignment will not be permitted to run. To best meet the needs of all involved, we ask that each competitor participate in only one heat of each event.

WARM-UPS should not be conducted on the track while races are in progress.

CHILDREN UNDER 8 may not participate in races longer than 800 meters.

PARENTS AND COACHES: For the safety of the children, please make sure they are supervised at all times.

### DIRECTIONS

From I-85 take exit 91, Clairmont Rd., Turn south. Travel 3.7 miles, turn right onto N. Decatur Rd. Turn right onto Oxford Rd. The physical education center is located on Asbury Circle; parking is available in the Peavine Deck on Fraternity Row behind the PE Center; parking fees may apply.

**ADMISSION ALL MEETS: Youth/Student Athlete \$1.00 | Adult Athletes \$2.00**

**FREE Admission to Spectators!**