

ALL COMERS TRACK and FIELD MEET

At Frostburg State University

SATURDAY, JUNE 19

10:00 a.m. START TIME

(MULTI EVENT FINISHES ON SUNDAY, JUNE 20)

MULTI EVENTS INCLUDED

(Decathlon – Men & Heptathlon – Women)

*Must be high school or older

FREE CLINIC BEFORE MEET STARTS 9-9:45 a.m.

Javelin with Coach Kendall Luy

NCAA provisional qualifier

Hurdles with Steve Flanagan FSU '10

ECAC Qualifier

TIME SCHEDULE (Meet will operate on a rolling time schedule. Implements must be provided by participants except where noted by ##)

10 a.m. Multi events begin

10 a.m. 3200m

100/110m High Hurdles

50m (ages 10-12 only)

100m

1600m

400m Hurdles

400m

800m

200m

Throws schedule

10 a.m. Javelin## (ages 14+) & Turbojav ##(ages 10-18)

11 a.m. Shot put (6lb and 12 lb available to use)

Noon Discus

Jumps schedule

10 a.m. Pole vault (high school and older)

11:30 a.m. Long/broad Jump

12:30 p.m. High Jump

1:30 p.m. Triple Jump

COST: \$1.00 (to defray insurance costs)

A waiver form will need to be signed prior to competition. All those under 18 years of age will need the form signed by a parent or guardian. Forms will be available at the site of competition, if a form is needed prior to the date of competition, please contact Coach Luy.

Directions to Frostburg State University Track and Field Facilities:

From Interstate 68 take exit 33. From the west turn left onto Braddock Road. From the east turn right onto Braddock Road. Take the second entrance on your left into Frostburg State University stadium parking lot. School address: 101 Braddock Road, Frostburg, MD 21532

QUESTIONS? Contact – Dale Luy Head Track and Field Coach 301-687-3243 or drluy@frostburg.edu