

Track season is fast approaching!

This year Sabino H.S. and The Running Shop is hosting the 3rd annual "Southern Arizona Distance Classic". It is a chance to showcase the many good distance runners that are in our area. It is not a team scoring meet so it does not have to count as one of your 12 team meets (AIA 29.4.5)

Friday April 16th 2010, 6PM

The meet is open to all schools. Bring a team or a single runner. The entry fee is \$75.00 per school or \$10.00 per individual what ever works best for your school.

- *Free t-shirt to all competitors.
- *Medals through 4th in 1st and 2nd heats.
- *Fast Heat Medallist t-shirt 1st – 4th.
- *State Meet Qualifier

There will be an open 5K for parents, coaches friends etc.

Sabino has a state of the art 10 lane Mondo Track. This is one of the fastest track surfaces made today.

Contact: Please send an e-mail or phone so we can order t-shirts. We look forward to another night of great times

Doug McSpadden (520) 906-0244 or

Douglas.McSpadden@tusd1.org

Register your athletes at Athletic.net before April 14th



The Running Shop and Sabino High School
3rd Annual Southern Arizona Distance Track Classic
Friday April 16th 2010



What: A night of distance races

Where:

Sabino High School.

Sabino has a 10 lane Mondo track.

This is one of the fastest track surfaces made today.

When:

Friday, April 16th 2010

Races will start at 6:00PM and run until the meet concludes.

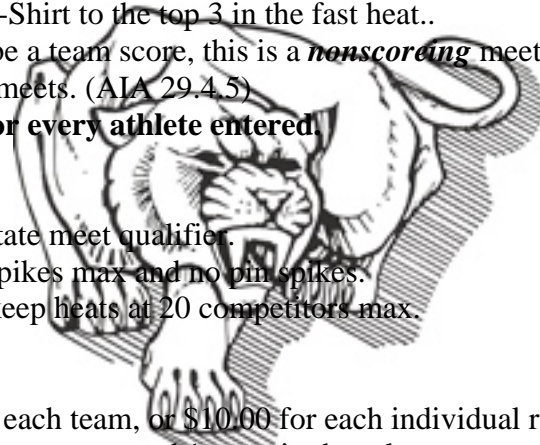
Coaches Meeting is at 5:00PM

Awards:

The top 4 male and female finishers in 2 heats of each event will receive medals and medallist T-Shirt to the top 3 in the fast heat..

There will not be a team score, this is a *nonscoring* meet, so it does not count as one of your 12 meets. (AIA 29.4.5)

Free T-Shirt for every athlete entered.



Miscellaneous:

This will be a state meet qualifier.

Please ¼ inch spikes max and no pin spikes.

We will try to keep heats at 20 competitors max.

Entries:

Fee: \$75.00 for each team, or \$10.00 for each individual runner.

Enter 4 athletes per event and 1 team in the relay.

The Open 5K is a \$3.00 entry (gate) fee per athlete.

Please enter athletes on Athletic.net by April 14th.

Open 5K – “Kristen Yoder 5K Memorial Run” This race is open to the public. (Coaches, parents, etc) Men and women will race together. It should give the high school athletes a small break between the 3200 and 800. The top 4 finishers overall, both men and women, will medal in this race. The race is free to enter however you must pay \$3.00 at the gate.

Order of Events: 5:00 PM Coaches Meeting

6:00 PM 1600 m. run

800 m. run

aprox 7:00 PM OPEN 5K – this race is open to the public.

3200 m. run

4x800 m. relay

All events are girls followed by boys..

Please call Doug McSpadden ASAP at 520 906-0244 if you are going to participate as we will need to order T-shirts.