

2-4-1 SPORTS

TRACK IS BACK MEET SCHEDULE

RUNNING EVENTS

** Slow to Fast Heats*

** Open Heats followed by Youth*

8:30AM 5,000M

8:50AM 100M

9:00AM MILE

9:10 AM 400M

9:20AM 800M

9:25AM 200M

THROWS

*NEXT EVENT FOLLOWS THE COMPLETION OF THE PREVIOUS

8:30AM JAV
DISC
SHOT

JUMPS

*NEXT EVENT FOLLOWS THE COMPLETION OF THE PREVIOUS

8:30AM TJ
LJ

2-4-1 SPORTS ATHLETE EXPERIENCE

Social distance guidelines- Masks are optional , but required when using restrooms

Entry Information

All entries must be submitted through Athletic.net on Wednesday preceding the meet. Accepted entries will be emailed out preceding the meet. Please reach out to **Hartbeat.tc@gmail.com** with any questions.

Event check in

Athlete check-in will be far end of the track. Athletes may check in at any time for their event with the exception of the 5k. 5k check in begins at 7:30. At check-in you will also receive all the information about your race, including your hip #, which will be placed on your left hip.

Bathrooms: Porta potties by check in, and bathrooms under the bleachers on the home stretch. Reminder: Wear a mask when in restrooms.

Warm up:

You may use anywhere outside or inside of the stadium to warm up. However, You should plan to be at the track 15 minutes prior to your scheduled race. You can bring whatever you want with you. You should get to the turf about 10 minutes before your race. Use this time to do your final strides, drills.

Specific to each event:

Sprinters - 100m, 200m, 400m: your heats will go off every minute or two - and there are just a few heats of each event, so pay attention. Be near the 100m or 200m start as soon as you hear the volunteers calling you over or see other athletes by the start.

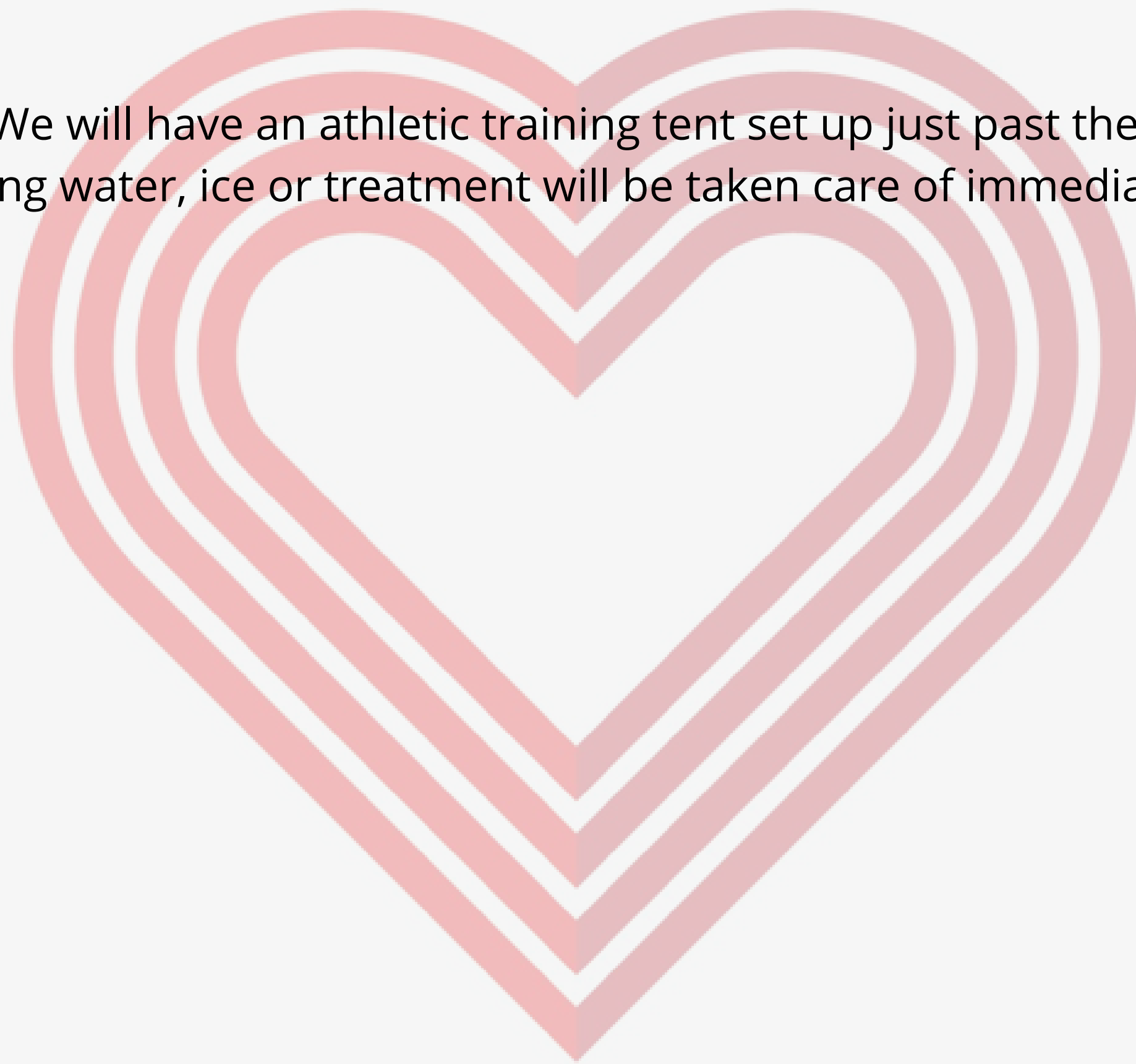
2-4-1 SPORTS ATHLETE EXPERIENCE

Mid-Distance and Distance Events need to make sure that the “on-deck” heat is gathered by the start line and ready to go as soon as the previous heat finishes. There will be a volunteer who’s sole responsibility is to keep that moving.

Blocks. We will be offering blocks to all 100m , 200m and 400m runners.

Jumps: All athletes will be offered 4 jumps. We will be doing the jumping as one co-ed group along with Triple Jump and Long Jump. * Open events followed by youth

All athletes: We will have an athletic training tent set up just past the finish line. Anyone needing water, ice or treatment will be taken care of immediately.



T
R
A
C
K
C
L
U
B