

## **2009 Running Spot All-Comers Track & Field Meets**

**6:30 p.m. on alternating Monday evenings at the brand new Elder Panther Athletic Complex and Withrow High School**

**Free events open to everyone regardless of age or ability**

**6/8**

**Week 1**

**Elder Panther Athletic Complex**

**Shot Put (3 puts, top six get a 4th put), girls shot first followed by guys**

**Discus Throw (3 throws, top six get a 4th throw), guys discus first followed by girls**

**Pole Vault, sexes together**

**High Jump, sexes together**

**Long Jump (3 jumps, top six get a 4th jump), girls first, followed by guys**

**120 (100) Hurdles**

**100**

**Mile (run events and walk event)**

**400 relay (endless participants)**

**1600m relay (4x400)**

**6/15**

**Week 2**

**Withrow High School**

**Shot Put (3 puts, top six get a 4th put), girls shot first followed by guys**

**Discus Throw (3 throws, top six get a 4th throw), guys discus first followed by girls**

**No Pole Vault**

**High Jump, sexes together**

**Long Jump (3 jumps, top six get a 4th jump), girls first, followed by guys**

**120 (100) Hurdles**

**100**

**Mile (run events and walk event)**

**400 relay (endless participants)**

**1600m relay (4x400)**

**6/22**

**Week 3**

**Elder Panther Athletic Complex**

**Shot Put (3 puts, top six get a 4th put), girls shot first followed by guys**

**Discus Throw (3 throws, top six get a 4th throw), guys discus first followed by girls**

**Pole Vault, sexes together**

**High Jump, sexes together**

**Long Jump (3 jumps, top six get a 4th jump), girls first, followed by guys**

**300 Hurdles**

**200**

**800**

**400 relay (endless participants)**

**2 mile**

**6/29**

**Week 4**

**Withrow High School**

**Shot Put (3 puts, top six get a 4th put), girls shot first followed by guys**

**Discus Throw (3 throws, top six get a 4th throw), guys discus first followed by girls**

**No Pole Vault**

**High Jump, sexes together**

**Long Jump (3 jumps, top six get a 4th jump), girls first, followed by guys**

**300 Hurdles**

**200**

**800**

**400 relay (endless participants)**

**5k run**

**7/6**

**Week 5**

**Elder Panther Athletic Complex**

**Shot Put (3 puts, top six get a 4th put), girls shot first followed by guys**

**Discus Throw (3 throws, top six get a 4th throw), guys discus first followed by girls**

**Pole Vault, sexes together**

**High Jump, sexes together**

**Long Jump (3 jumps, top six get a 4th jump), girls first, followed by guys**

**120 (100) Hurdles**

**100**

**Mile (run events and walk event)**

**1600m relay (4x400)**

**5k run**

**7/13**

**Week 6**

**Withrow High School**

**Shot Put (3 puts, top six get a 4th put), girls shot first followed by guys**

**Discus Throw (3 throws, top six get a 4th throw), guys discus first followed by girls**

**No Pole Vault**

**High Jump, sexes together**

**Long Jump (3 jumps, top six get a 4th jump), girls first, followed by guys**

**120 (100) Hurdles**

**100**

**Mile (run events and walk event)**

**1600m relay (4x400)**

**2 person 4 mile relay (alternating 400s)**