

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)