

2018 Summer All-Comers Track & Field Meets

June 7 & 21, July 5 & 19, August 2 & 16

All ages and abilities welcome.

Sign up at the meet; registration begins at 5:30 PM at the track.

CU's Frank Pott's Field in Boulder, Colorado

North of Colorado Avenue between Foothills Parkway and 30th Street

Entry fee is \$5.00 per event for BRR members \$7 for non-members.

Participants may register for up to three events for each date.

Track Event Schedule

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|---------|---------------------|-------------------------------|
| 6:00 PM | 100 meter dash* | * = event held on all dates |
| 6:20 | 1500 meters | June 7, July 5 & August 2 |
| | Mile | June 21, July 19 & August 16 |
| 6:35 | 400 meter dash* | Held on All Dates |
| 6:55 | 800 meter run* | Held on All Dates |
| 7:10 | 200 meter dash* | Held on All Dates |
| 7:30 | 100m & 110m Hurdles | June 7 & August 2 |
| | 400m Hurdles | July 5 |
| | 3000m Steeplechase | June 21, July 19, & August 16 |
| 7:50 | 4 x 400 meter relay | June 7, July 5, & August 2 |
| | 4 x 100 meter relay | June 21 & August 16 |
| | Mile Race Walk | July 19 |
| 8:00 | 3000 meter run | June 7 & July 5 |
| | 10000 meter run | August 2 |
| | 5000 meter run | June 21, July 19 & August 16 |

Field Event Schedule

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|---------|---|
| 6:00 PM | Long Jump & Shot Put |
| 6:30 | High Jump & Hammer (Following Shot Put) |
| 7:15 | Triple Jump (Following Long Jump) & Discus (Following Hammer) |
| 7:30 | Discus (Following Hammer) |

These meets are **hand timed**. We do not have F.A.T.

Volunteers/Officials are always needed and appreciated.

For more information or to volunteer contact: **Bill Buffum at bill@boulderroadrunners.org**

USATF Sanctioned Meets