



Thursday July 8, July 15, July 22, July 29, August 5, and August 12
Events Start at 6:00 p.m.

Where: Manchester High School Track- 134 Middle Tnpk. East, Manchester, CT 06040

Time: Events Begin on the Track at 6:00 p.m. sharp; Field Events take place simultaneously

Cost (per week):

Manchester Resident Youth (12 and under)	\$3.00 per event/ \$5.00 unlimited events
Manchester Resident Open	\$5.00 per event/\$7.00 unlimited events
Non-resident Youth (12 and under)	\$4.00 per event/\$6.00 unlimited events
Non-resident Open	\$7.00 per event/\$9.00 unlimited events

Registration: Registration occurs at the High School on the night(s) you wish to participate. You may pre-register for the entire summer at the first or second week. Registration closes 10 minutes before the event! First, Second, and Final Calls will be made for registration and reporting to the start.

Events (in order): Youth Girls, Youth Boys, Open Women, Open Men

July 8th		July 15th		July 22nd		July 29th		Aug. 5		Aug. 12	
Track	Field	Track	Field	Track	Field	Track	Field	**Relay Night**		Track	Field
5k	Disc	2 Mile	Disc	5k	Javelin	2 Mile	Javelin	4 x 100		5k	Disc
100	Shot	110H	Shot	110H	Shot	110 H	Shot	4 x 800		100	Shot
1600	Long Jump	100	Long Jump	100	Long Jump	100	Long Jump	1 Mile Relay		1600	Long J
200	Triple Jump	1600	Triple Jump	1600	Triple Jump	1600	Triple Jump	Sprint Medley		200	Triple J
800	High Jump	200	High Jump	200	High Jump	200	High Jump	4 x 400		800	High J
400		800		800		800		Distance Medley		400	
		400		400		400		HJ, TJ, LJ			

Relay Night: Sprint Medley = 400, 200, 200, 800; Distance Medley = 1200, 400, 800, 1600; 1 Mile Relay Rules: 4 people cover 1 mile, as many handoffs as you need/want, everyone runs at least 100 meters; Jumps relay is scored as your total distance for each of the three jumps

Contact/Info: www.manchesterrunningcompany.com; manchesterrunningcompany@gmail.com; 860 729-9721