



GREATER WILLIAMSBURG DISTANCE RUNNING CLUB AND TEAM FLASH IN PARTNERSHIP WITH SHIP

INVITE **ALL AREA YOUTH** TO A MIDDLE SCHOOL AND ELEMENTARY SCHOOL TRACK EVENT

RISING STARS YOUTH TRACK MEET



When: Tuesday, April 30th

Start time: 6:30pm (arrive early prior to intended event to sign waiver) (20-30minutes)

Where: Jamestown High School (on Track behind back parking lot)

Who: All area elementary and middle students (K to 8th grade)

Why: So many reasons to come out and enjoy...

- Concessions will be sold
- Music will be played during races
 - Fully Automatic Time

Start: 6:30PM

6:30pm: 1600m (Girls 5-8th), (Boys 5-8th)

6:50pm: 100m (Girls 5-8th), (Girls k-4th) (Boys 5-8th) (Boys k-4th)

7:10pm: 800m (Girls 5-8th), (Girls 1st -4th), (Boys 5-8th) (Boys 1-4th)

7:30pm 200m (Girls 5-8th), (Girls k-4th),(Boys 5-8th) (Girls k-4th)

ALL ATHLETES MUST SIGN UP PRIOR TO RACE DAY. REGISTRATION CLOSSES ON SATURDAY, APRIL 27th at 9:00PM

SIGN UP AT www.gwrun.org Click on Youth Track Meet to sign your athlete up for an event.

*****NO RACE DAY SIGN UPS DUE TO FAT Timing*****

Parents are required to stay @ Jamestown during the event (Please no dropping off)

- Registration Table by entrance of the track- All parents are required to sign a waiver for child(ren) to participate
 - We will have Fully Automatic Timing
 - Bring running clothes and water bottle
- Contact Mark Tompkins at MarkTompkins1@gmail.com with any questions

These materials, and the activity described herein, are not sponsored or endorsed
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