

RICE UNIVERSITY
Friday Night All Comers Track Meets-2009
Rice University Track Stadium

June 12, June 19, June 26

Check the site every week to make sure that the location hasn't changed due to resurfacing!

Schedule: This is a rolling schedule. Occasionally special events will be run at a specific time each week. An exact schedule will be posted each week with any additions and changes. All events are fastest heats first followed by slower heats, and, if necessary, women first followed by men.

Running Events:

6:30 PM* 110 Hurdles
 Mile Race Walk

7:00 PM 400 Hurdles
 100 Meters
 800 Meters
 400 Meters
 200 Meters
 1500 or Mile Run
 3000 Meters
 4 x 400 Relay

Field Events:

For field events contact the meet director at least 3 days in advance

*We will run a 4 x 100 relay at **6:00 PM** if teams desire. Please let meet organizers know by 5:30 if a team wishes to run. **IF NO ONE HAS CONTACTED THE MEET ORGANIZERS BY 5:30 THE EVENT WILL NOT BE HELD.**

Entry Fee: \$7.00 per person. Unlimited events.

Event Heating: All events will be heated at that event's starting line. If anyone is not there after the event has been heated may not get a lane or heat in the heat you wish.

Results: Results will be posted as soon as possible after the completion of each event. If possible they will also be on the Internet at flashresults.com

For more information contact: Casey Thom at cdt1@rice.edu – 713-348-8861

or

Jon Warren at jhwarren@rice.edu – 713-348-6021

These meets have two purposes; One is to provide all those interested in track a fun, safe place to compete and, the other is to allow for all competitors to post their fastest or farthest marks possible. All of the workers and volunteers are here to aid and promote track and field and to provide individuals with a much-needed opportunity to compete. If you have any questions or comments concerning these meets they should be directed to the meet directors. Thank you, good luck and have fun.