



2009 All-Comers Series



Saturday, May 30 – Junior Olympics T&F Championships

10:00 HJ	12:00 3000m	1500m	200m
10:00 Shot	100mH	400m	
11:00 LJ	110mH	400mH	
11:00 Disc	100m	800m	

Thursday, June 4

6:10 100mH	6:45 200m	6:00 HJ
6:20 1500m	7:00 800m	6:45 Shot
6:35 4x100	7:15 50m	

Thursday, June 18

6:10 4x800m	7:00 1000m	6:00 LJ
6:20 3000m	7:20 400m	6:45 Disc
6:45 100m		

Thursday, July 2

6:10 400mH	6:50 50m	6:00 HJ
6:25 4x200	7:00 Mile Walk	6:45 Shot
6:35 800m	7:20 5000m	

Thursday, July 16

6:10 100mH	6:45 300m	6:00 LJ
6:20 1500m	7:00 800m	6:45 Jav
6:35 4x400	7:15 50m	

Meet Information:

- Meets are held at The Dome
- Meets are open to all, regardless of age or ability
- Saturday Registration opens at 9:30am
- Saturday Field and Running Events start at 10:00am
- Thursday Registration opens at 5:30pm
- Thursday Field and Running Events start at 6:00pm

Fee Information:

- Adult series bib number is \$20.00
- Children series bib is \$15.00
- Single meet bib is \$5.00
- Family rate is \$50.00 per family

- Membership is not required, but you will receive a \$5 discount on the series bib

Award Information:

- Skinny Raven Mile - gift certificates for race winners, random drawings prizes
- Championship Medals for overall male and female winners, random drawing prizes
- Awards must be claimed at the meet

Saturday, July 25 – All Comers T&F State Championships

10:00 HJ	11:30 Jav	12:40 100m	2:00 4x100	3:00 800m
10:00 Shot	11:30 5000m	12:55 4x200	2:10 400m	3:15 200m
10:45 LJ	12:15 4x800	1:10 1500m	2:25 400mH	3:30 4x400
10:45 Disc	12:25 100mH	1:30 Skinny Raven Mile	2:40 Mile Walk	

For information and results, visit the USATF-AK website

<http://www.usatf.org/assoc/ak/>