

Empire Runners Club
2017 Summer Track Series

Montgomery High School
1250 Hahman Drive
Santa Rosa

Register once for the whole season!

Register online by midnight prior to your first meet (www.empirerunners.org)

Empire Runners Club members: free

Non-members: \$10

Register at the meet

All runners: \$20

Kids 9 & under may run un-timed heats of the 100 and 200 meter races for free. Parents must sign their kids up for these events at the meet.

Meet registration/check in: 5:00 to 6:30 PM

First event begins at 6:00 PM.

Schedule

Meet 1: Tuesday, June 13, 6 PM

Track events: mile, 100m, 800m, 200m, 400m, 3000m, & 4x400m relay

Meet #2: Tuesday, June 27, 6 PM - OLYMPIC DAY

Track events: mile, 100m, 800m, 200m, 400m, 2 Mile, & 4x400m relay

Meet 3: Tuesday, July 11, 6 PM

Track events: mile, 100m, 800m, 200m, 400m, 5000m, & 4x400m relay

Meet 4: Tuesday, July 25, 6 PM

Track events: mile, 100m, 800m, 200m, 400m, 3000m, & 4x400m relay

Meet 5: Tuesday, August 8, 6 PM

Track events: mile, 100m, 800m, 200m, 400m, distance medley relay (1200m, 400m, 800m, 1600m)