

Empire Runners Club  
**2018 Summer Track Series**

Cardinal Newman High School  
50 Ursuline Rd., Santa Rosa

**Register once for the whole season—5 meets!**

Online registration ([www.empirerunners.org](http://www.empirerunners.org))

- Empire Runners Club members: FREE
- Non-members: \$10

***Online registration is closed the day of each meet!***

Day of meet registration

- \$20

Participants are issued a bib number at their first meet. Please bring your bib to each subsequent meet. It's your ticket. (We can issue another bib if it's lost, mutilated, or forgotten.)

Registration/check-in tables open at 5:15 PM and close at 6:30 PM.

**Schedule**

Meet 1: Tuesday, June 12, 5:45 PM

\*100m for kids, \*200m for kids, mile, 100m, 800m, 200m, 400m, 3000m, & 4x400m relay

Meet #2: Tuesday, June 26, 5:45 PM

\*100m for kids, \*200m for kids, mile, 100m, 800m, 200m, 400m, 2 mile, & 4x400m relay

Meet 3: Tuesday, July 10, 5:45 PM

\*100m for kids, \*200m for kids, mile, 100m, 800m, 200m, 400m, 5000m, & 4x400m relay

Meet 4: Tuesday, July 24, 5:45 PM

\*100m for kids, \*200m for kids, mile, 100m, 800m, 200m, 400m, 3000m, & 4x400m relay

Meet 5: Tuesday, August 7, 5:45 PM

\*100m for kids, \*200m for kids, mile, 100m, 800m, 200m, 400m, distance medley relay  
(1200m,400m,800m,1600m)

\* Kids races are free, untimed, and limited to runners 6 years old and under. Parents must sign up kids for these races at each meet. All other events are timed and require participants to be 7 years old or over. Runners in timed races must be registered for the Series and must wear the bib number that will be assigned to them.