

# Empire Runners Club

## 2019 Bob Shor Summer Track Series

Piner High School  
1700 Fulton Rd., Santa Rosa

**Free untimed 100 and 200 meter races for kids (6 & under) begin at 5:45 pm. Parents of these kids must sign an entry sheet at each meet.**

**Timed races for all other runners begin about 6 pm. Participants running timed races must have registered for the Track Series and wear a bib number. Registering once for the Track Series allows entry to all 5 meets!**

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

Save money! Register online prior to the day of your first meet. Go to [www.empirerunners.org](http://www.empirerunners.org).

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

In-person day of meet registration (for all runners, including club members)

- \$20

Participants are issued a bib number at their first meet. Please bring your bib to each subsequent meet. It's your entry 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 11

5:45 PM: un-timed 100m and 200m for kids 6 & under

6:00 PM: timed mile, 100m, 800m, 200m, 400m, 3000m, & 4x400m relay for runners 7 & over

#### Meet #2: Tuesday, June 25, 5:45 PM

5:45 PM: un-timed 100m and 200m for kids 6 & under

6:00 PM: timed, mile, 100m, 800m, 200m, 400m, 2 mile, & 4x400m relay for runners 7 & over

#### Meet 3: Tuesday, July 9, 5:45 PM

5:45 PM: un-timed 100m and 200m for kids 6 & under

6:00 PM: timed mile, 100m, 800m, 200m, 400m, 5000m, & 4x400m relay for runners 7 & over

#### Meet 4: Tuesday, July 23, 5:45 PM

5:45 PM: un-timed 100m and 200m for kids 6 & under

6:00 PM: timed mile, 100m, 800m, 200m, 400m, 3000m, & 4x400m relay for runners 7 & over

#### Meet 5: Tuesday, August 6, 5:45 PM

5:45 PM: un-timed 100m and 200m for kids 6 & under

6:00 PM: timed mile, 100m, 800m, 200m, 400m, & Distance Medley Relay (1200m, 400m, 800m, 1600m) for runners 7 & over