

**2013 Summer Track Series**  
*"Every Tuesday in June (almost)"*

**MEET DIRECTOR:**           **Bret Boman (434) 525-5136**  
  **Gregg Cavaliere (434) 258-4228**

**WHO:** All are invited. Ages 1 to 101! All abilities welcome, 4 minute through 15 minute milers, fast or slow sprinters.

**WHAT:** Events offered vary with the date. In general, one distance event highlights the evening, followed by 1-2 sprint events. Cost for runners is just one dollar. Age Group ribbons for awards.

**WHEN:** Meets are held each Tuesday in June.

**JUNE 4:** 5000m Heat 1 (6:30 pm); Heat 2 (7:00 pm);  
          100m Age Groups (7:30 pm)

**JUNE 11:** 1500m Heat 1 (6:30 pm); Heat 2 (6:40 pm);  
          Heat 3 (6:50 pm); Heat 4 (7:00 pm)  
          200m Age Groups (7:15 pm)

          800m Heat 1 (8:15 pm), Heat 2 (8:20 pm)  
**JUNE 18:** 2 mile Heat 1 (6:30 pm); Heat 2 (6:45 pm);  
          Heat 3 (7:00 pm)

          100m Age Groups (7:15 pm)  
          400m Heats 1- 4 (7:45 pm)

**JUNE 27 (This is a THURSDAY)**  
          1 Mile Heat 1 (6:30 pm); Heat 2 (6:40 pm);  
          Heat 3 (6:50 pm); Heat 4 (7:00 pm)  
          200m Age Groups (7:15 pm)  
          800m Heat 1 (8:15 pm), Heat 2 (8:20 pm)

**WHERE:** Lynchburg College