



## THE ENSS TRACK AND FIELD TEAM

invites you to come to our

### **SUMMER TWILIGHT TRACK AND FIELD MEET and BARBEQUE...**

*Run, jump, throw or cheer!*

**Tuesday, July 10, 2018**

Registration: 5:00-6:10 pm

Track and Field Events begin at 6:30 pm.

### **MEET ENTRIES...**

- The registration table opens at 5:00 pm.
- Entry is FREE for children ages 12 and under.
- There is a \$5 entry fee for all participants who are over the age of 12.
- The first 50 entries will receive coupons for free ice cream at the Presqu'ile Provincial Park Store.

### **TRACK EVENTS...** begin at 6:30 and follow a rolling schedule format.

Times given below are estimates.

6:30 Open 1500 m – slow section, fast section

6:50 Open 200 m – slow sections, fast sections

7:10 Children aged 12 and under – age group 80 m mini-hurdles

7:30 Children aged 12 and under – age group 80 m sprint

7:50 Open 300 m hurdles – slow section, fast section

8:10 Open 100 m dash – slow sections, fast sections

8:30 Open 800 m run – slow section, fast section

8:45 4 x 100 m relays... anything goes... under the lights!

### **FIELD EVENTS...**

6:30 Open boys/men shot put

Open boys/men long jump

Open girls/women high jump

7:15 Open girls/women shot put

Open girls/women long jump

Open boys/men high jump