

# OPEN TRACK MEETS FOR ALL AGES!!

The  
Runner's Sole



**THE RUNNER'S SOLE  
IS PROUD TO PRESENT: ALL  
COMERS OPEN TRACK MEETS.**

**Every Monday June 11-July 30**

**Reg. 5:15-5:30 Meet begins 5:45**

**Chambersburg H.S. Track**

**10 running events will be offered.  
Each participant may register for as many  
events as desired.**

**Multiple Heats of each event as needed.**

**Events offered:** 100 meter dash.  
200 meter dash.  
400 meter dash.  
800 meter run.  
1600 meter run.  
3200 meter run.  
5000 meter run.  
4x100 meter relay.  
4x400 meter relay.  
**Distance Medley relay:**  
1200, 400, 800, 1600 meters.

Free participation ribbons  
to all under 10 years old.

**For more information call The Runner's Sole 10am-  
7pm M-F. 10am-5pm Sat. 12pm-5pm Sun.  
717 262-2109 or [www.therunnerssole.com](http://www.therunnerssole.com)  
1228 Lincoln Way E. Chambersburg, PA 17202**

**Meets are free to all Participants!**

**All ages and abilities are encouraged  
to participate.**

**Volunteers are needed for various jobs  
during the meets. All help is very much  
appreciated.**

Each meet will require registration from participant including: Name, age, sex, email address. Your information is used for meet information.

If participant is under 18 years old without a parent present, contact information will also be needed.

The Open Track Meet is fully sponsored by The Runner's Sole. No compensation from any outside agencies.

All meet rules will follow USATF rules. Meets are to be enjoyable and safe for all participants and a high level of sportsmanship toward all athletes is expected. Competition is expected against like minded and ability participants but the meets are intended to encourage the sport of running and community involvement.