

SUMMER TRACK SERIES

- The Northwest Florida Track Club is trying to put together a track series for this summer. We would appreciate any input that you could offer. Here is what we came up with. Please feel free to add your comments, send me a link to an established “track series plan” or make one up yourself. We can be reached at president@nwftc.com or bowlegs@nwftc.com

Practice: Wednesday, June 16, 6:00 PM at Destin Middle School. This will help us (and you) figure out what we are doing wrong and right...hopefully.

First race: Wednesday, June 23, 6:00 PM at Destin Middle School. Subsequent races will be Wednesdays July 7, July 21, July 28 (open track & awards)

Entry Fee: \$2.00 per race/ \$5.00 max (Track Club member), \$5.00 per race, \$10.00 max (non-track club). Track Club memberships will be sold on site for those who are interested.

Divisions will be broken down into elementary school grade (K-5), middle school grade (6-8), high school grade (9-12), open division (19-39) and a masters/grandmasters division. This would be the grade they are entering for 2010/11 school year.

Race distance, along with race order would include:

50 yard dash (Elementary)

400 (Mid, high, open, M/GM)

100 (M,H,O,M/GM,E)

800 (M,H,O,M/GM)

200 (M,H,O,M/GM,E)

1600 (M,H,O,M/GM)