

2019 FARC TRACK MEET CHAMPIONSHIPS
AT JAMES MONROE HIGH SCHOOL

DATE: Tuesday, July 23, 2019 (RAIN DATE JULY 30, 2019)

REGISTRATION: 5:15PM-6:20PM

COST: \$1.00 per Event

Timed: Race Timing Unlimited will be timing the Track meet

Awards: Top 3 Overall Male and Female and top 3 male and Female 13 and under in each events.

Events: 1500 Meter Power walk, Mile, 800 Meter, 3k and 1500 Meter

Limited to the first 200 events

Tentative Schedule of Events based on number of Participants and will go from Fast to Slow

6:10PM 1500 Meter Power Walk or Race walk

6:30pm: Mile Run (Fast Heat)

6:40pm: Mile Run (slow Heat)

6:55pm: 800 Meter (fast Heat))

7:00pm: 800 Meter (slow Heat)

7:10pm 3000 Meter Run

7:40pm 1500 Meter Run

FOR MORE INFORMATION, PLEASE CALL TERRY AT 540-847-2937