

Track season is fast approaching!

This year Sabino H.S. and The Running Shop is hosting the 2nd annual “Southern Arizona Distance Classic”. It is a chance to showcase the many good distance runners that are in our area. It is not a team scoring meet so it does not have to count as one of your 12 team meets (AIA 29.4.5)

Friday April 11th 2008, 6PM

The meet is open to all schools. Bring a team or a single runner. The entry fee is \$75.00 per school or \$10.00 per individual what ever works best for your school.

***Free t-shirt to all competitors.**

***Medals through 4th in each event**

***Medallist t-shirt 1st – 4th.**

**There will be an open 5K for parents,
coaches friends etc.**

Sabino has a new state of the art 10 lane Mondo Track. This is one of the fastest track surfaces made today.

Contact:

Bill Taylor (520) 584-7735 or Taylor,William@tusd1.org

Doug McSpadden (520) 906-0244 or

Douglas,McSpadden@tusd1.org

The Running Shop and Sabino High School
2nd Annual Southern Arizona Distance Track Classic
Friday April 11th 2008

What: A night of distance races

Where:

Sabino High School.

Sabino has a new 10 lane Mondo track.

This is one of the fastest track surfaces made today.

When:

Friday, April 11th 2008

Races will start at 6:00PM and run until the meet concludes.

Coaches Meeting is at 5:00PM

Awards:

The top 4 male and female finishers in each event will receive medals and medalist T-Shirt.

There will not be a team score, this is a *nonscoreing* meet.

Free T-Shirt for every athlete entered.

Miscellaneous:

This will be a state meet qualifier.

Please ¼ inch spikes max and no pin spikes.

We will try to keep heats at 20 competitors max.

Entries:

Fee: \$75.00 for each team, or \$10.00 for each individual runner.

Enter 4 athletes per event and 1 team in each relay.

The Open 5K is a \$3.00 entry (gate) fee per athlete.

Please Fax entries to (520) 584-7701 c/o Bill Taylor by April 4th.

Open 5K – “Kristen Yoder 5K Memorial Run” This race is open to the public. (Coaches, parents, etc) Men and women will race together. It should give the high school athletes a small break between the 3200 and 800. The top 4 finishers overall, both men and women, will medal in this race. The race is free to enter however you must pay \$3.00 at the gate.

Order of Events: 5:00 PM Coaches Meeting
6:00 PM 1600 m. run
800 m. run
7:00 PM OPEN 5K – this race is open to the public.
3200 m. run
4x800 m. relay
All events are girls followed by boys.