



SUMMER OUTDOOR TRACK SERIES

Open track meets for all ages and abilities

Thursday, June 20th, July 18th, and August 15th, 2017 from 5 PM–9 PM



ABOUT

Looking for a family-friendly event for a warm summer evening? Come run FLRC's summer track meets at Lansing High School, where you can test your fitness on the 400-meter track as the heat of the day subsides. All ages (seriously!) and abilities (really!) are welcome in these low-key meets, and when you're not running, you can enjoy watching some of the area's best runners compete against one another. Join the fun!

Run the mile in at least four of FLRC's indoor and outdoor track meets in 2017 to compete in our inaugural **MITHACAL MILE SERIES**. Average your best four times, and we'll award prizes at an end-of-summer ceremony to the fastest male and female in each age group (1-10, 11-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+).

EVENTS

Specific events vary from month to month, as specified below, and are run in the order listed.

June 20th Events	July 18th Events	August 15th Events
2 mile	3000m	5000m
100m	200m	100m
800m	1 mile	400m
1 mile	400m	1 mile
4x400m relay	4x800m relay	4x200m relay

WHERE

The meets take place at the Lansing High School track, 76 Brickyard Road, Lansing, NY, 14882. There is ample free parking at the Lansing track.

WHEN

Bib pickup and day-of-meet registration from 5:00–5:45 PM • **No registration or bib pickup after 5:45 PM!** First event starts at 6:00 PM and meets generally go until 8:00–9:00 PM.

REGISTRATION

Online pre-registration strongly encouraged and is open until 12:00 PM the day of the meet. Register at fingerlakesrunners.org/races/summer-outdoor-track/. Day-of-race registration is available, but only for those who cannot pre-register online.

FEES

Pre-registration Fees: FLRC members: Free; Students: \$3; Adults: \$5; **Day-of-meet Fee for Everyone:** \$10
Team Fees: Up to 12 runners: \$20; 13–50 runners: \$35; over 50 runners: \$50
 Fees are payable at bib pickup and cover the meet as a whole regardless of the number of events run.

NOTES

- Registration for relays is available only at the meet; fill out and submit a relay registration card at the desk.
- Please predict realistic finish times when registering so we can seed you in an appropriate heat.
- Events run in the order listed, with seeded heats run slow to fast. The number of heats and times will be announced.
- Timing is done by hand, with a Time Machine, not a camera-based fully automatic timing (FAT) system.
- Spikes are allowed, but not recommended. If you must wear spikes, please use only pin spikes.
- There are no field events due to restrictions in our Road Runners Club of America insurance coverage.
- The meets are not USATF-sanctioned, so performances cannot be used as World Championship or Olympic qualifiers.
- For remaining questions, or to pre-register manually, contact meet director Adam Engst (ace@tidbits.com).