



## WINTER INDOOR TRACK SERIES

### Open track meets for all ages and abilities



Sunday, January 13th, February 17th, and March 10th, 2019 from 8AM–2PM

#### ABOUT

Looking for a break from the cold, wet, lonely days of winter running? Come run FLRC's winter track meets at Cornell University's Barton Hall, where it's always warm and dry, and where you can test your fitness on Cornell's state-of-the-art 200-meter rubberized track. All ages (seriously!) and abilities (really!) are welcome, and when you're not running, you can enjoy watching some of the area's best runners compete. Join the fun!

Run the mile in at least four of FLRC's indoor and outdoor track meets in 2019 to compete in our second-annual **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.

January 13th Events	February 17th Events	March 10th Events
5000m	3000m	3000m
60m	800m	60m
400m	200m	200m
1 mile	1 mile	1 mile
4x200m relay	4x400m relay	4x200m relay

#### WHERE

Use a mapping service or GPS to find Barton Hall at Cornell University. Free parking is available in the Kite Hill lot at Schoellkopf Field, the parking garage across from Teagle Hall, and adjacent lots as noted on signs.

#### WHEN

Bib pickup and day-of-meet registration start at 8:00 AM • **No day-of-meet registration after 8:45 AM!**  
First event starts at 9:00 AM and meets generally go until 2:00 PM.

#### REGISTRATION

**Online pre-registration strongly encouraged** and is open until 6 PM the day before the meet. Register at [fingerlakesrunners.org/races/winter-indoor-track/](http://fingerlakesrunners.org/races/winter-indoor-track/) or contact the meet director via email. Day-of-race registration is available for those who cannot register online but heat placement isn't guaranteed.

#### 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](mailto:ace@tidbits.com)).