



The Rochester Track Club Presents:





Hal Martin All-Comers' Track Meets


Special Points of Interest:


 2010 was the 40th Annual running of the meets.

 Over 2,500 children and their families participate in the meets each year.

 Meets are organized and staffed by volunteers.

 Meets are meant to be a fun, noncompetitive way to foster interest in fitness.

 Parents must sign a waiver the first time you attend one of the meets.

 One purple participation ribbon is awarded to each participant per evening.

All-Comers' Co-Directors:
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The 45th Annual Hal Martin All-Comers' Track Meets will be held at **Century High School Track** starting at 6:00 PM on the following Tuesdays:

June 23rd, 30th and July 7th, and 14th.

IMPORTANT NOTICE: Due to unexpected construction at John Marshall High School the meets for June 23 through July 14th will be held at: Century High School, 2525 Viola Rd NE, Rochester, MN. The high school track is all-weather☺

Come one, come all. The meets are free and open to the public.

There is a waiver parents will need to sign the first meet they attend. The signature will be good for all six meets.

ORDER OF EVENTS

TRACK EVENTS: AGE GROUPS Boys/Girls:

1. 50 METERS	2 and under, 3, 4, 5, 6, 7, 8, 9, ...
2. 100 METERS	2 and under, 3, 4, 5, 6, 7, 8, 9, ...
3. 200 METERS	2 and under, 3, 4, 5, 6, 7, 8, 9, ...
4. 400 METERS	6 and under, 7-10, 10 and older
5. 800 METERS	8 and under, 9 and older
6. 1 MILE (1600 meters)	everyone starts at the same time

FIELD EVENTS: AGE GROUPS Boys/Girls:

LONG JUMP* 2 and under, 3, 4, 5, 6, 7, 8, 9, ...

*The long jump can be completed anytime during the meet.

The Hal Martin All-Comers' Meets are free thanks to the support of our generous sponsors.

