

Lake Tahoe Summer Track & Field
Hosted by (WWW.ADSPORTSTAHOE.COM)



Family Shuttle Relay at Lake Tahoe All-Comer Track Meet

LAST CHANCE (THURSDAY, JULY 28, 2011)

Beat the Heat Come Compete!

Lake Tahoe Track & Field

City of South Lake Tahoe Parks and Recreation Department

Thursday Night All-Comer's Track & Field Meet

(2yrs to 90 plus yrs old) cost \$5.00 (9yrs under Free!)

June 23 to **July 28, 2011 (5:00pm – 8:30pm) cost \$5.00**

SOUTH TAHOE COMMUNITY YOUTH SPORTS COMPLEX (New! 9 lane track)

Located at South Tahoe Middle School 2940 Lake Tahoe Blvd. South Lake Tahoe, CA 91650 [Google Map](#)

9yrs & under Free! With special kids dashes @ starting around 6:20pm (25m-50m-100m dash races)

Every Thursday Night, we'll bring together all ages from 2 year olds to 90 plus for this family night at the races.

Participants and Spectators may be asked to help volunteer for an educational T&F experience.

**With Hot Dog BBQ-Community Fun & More
Track & Field Party**

**Join us for a summer of fun training and development camps, clinics and races in the
beautiful mountain climate of South Lake Tahoe (6,250 feet Elevation)**

Sprinter's Heaven / Distance Nightmare

Hosted by Anthony Davis Sports Tahoe
(WWW.ADSPORTSTAHOE.COM)

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Field Events begin at Approx: 5:30pm – 7:00pm

Standing/Running Long Jump.....2yr-7yrs old (ONLY!) Starts at 5:30pm (South Pit)
Long Jump/Triple Jump 8yrs & Older (**North Pit**)
Shot Put 8yrs & Older (**Bring your own Implement for Throw Events**)
Discus 8yrs & Older (**Bring your own Implement for Throw Events**)
Pole Vault 13yrs & Older (**Bring your own Poles**)
High Jump 8yrs & Older

Pit Setup @ **4:00pm**; **Competition @5:00pm**; Pit cleanup @ **7:00pm**
(All Vaulters must help with Pit Cleanup; PV coach Paul Hagler /official must be present)

Running Events begin at Approx 5:45pm – Dark

80m HH Girls (30") Boys (33") (11yrs & 12yrs)
100m HH Women/Men (33"/36") (13yrs & Older)
110m HH Men (36"/39"/42")
1500 meters & Joggers Mile (Open all Ages)
100 meters (Oldest to 11yrs)
Kids Races start approximately 6:15pm-ish..... (2yrs old -8yrs old)
100 meters.....(Oldest –to- Youngest)
50 meters.....(9yrs & Under)
25 meters.....(5yrs & Under)
400 meters.....(9yrs & Older)
200 meters.....(Youngest -to- Oldest)
4x100 meter relay.....Business/Corporate Teams of male/female/co-ed/open
4x100 Shuttle Family.....Relay Teams (**family feud**)
800 meters.....(8yrs & Older)
200 meters.....(Youngest -to- Oldest)
3000 meters.....(8yrs & Older)
4x400 meter relay.....Business/Corporate Teams of male/female/co-ed/open

Please check website: WWW.ADSPORTSTAHOE.COM for more information and updates.

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