



FOURTH ANNUAL AMANDA POST TRACK MEET

*Presented by Amanda Post Foundation &
the La Costa Canyon H.S. Foundation*

WHO: Third through Eighth Grade Students

WHEN: SATURDAY, JUNE 9, 2018

Check in: 8:00 AM | Start: 9:00 am - 2:00 pm

WHERE: La Costa Canyon High School Track

WHAT TO BRING: There will be refreshments for sale onsite. However, please bring plenty of water, shade umbrellas or pop-up tents, sun screen, folding chairs, hats and cameras for a day of fun in the sun. *School colors are encouraged!*

*All boys and girls in **THIRD, FOURTH, FIFTH, SIXTH, SEVENTH & EIGHTH** grades are welcome to enter. No prior running experience necessary. Come out and join the fun. Race to win first, second, or third place ribbons!*

REGISTER at the *Amanda Post Foundation* website:

--www.amandapostfoundation.com--

There is a modest entry fee of **\$ 5.00 per event.**

Registration closes: Monday, June 4, 2018 at 5:00 PM.

No late registrations will be accepted.

Questions?

Greg Post at 760-942-3008 or Email: gmpost6@gmail.com

John Cotter at 619-992-8875 or Email: john@jcglobalconsulting.com



AP TRACK MEET 2018 RACE DETAILS

ORDER OF 2018 RUNNING EVENTS

---1600 meters/ 400 meters/ 100 meters/ 200 meters/ 800 meters/ & Relays---

ALL EVENT RACE ELIGIBILITY

3RD thru 5TH GRADE

- *all sprints (100, 200, 400)
- *800 meter OR 1600 meter
- *relays
- THREE EVENT LIMIT--

6TH thru 8th GRADE

- *all races are available
- *relays
- NO LIMIT ON NUMBER OF EVENTS--

RELAY RACE RULES

All teams must be assembled before the date of the track meet, June 9, 2018 by completing the online application, indicating the names of the 4 team members and the 1 alternate (total of 5). Relay teams must be composed of students (boys and/or girls) from the same grade level. No teams can be assembled on the day of the meet.

Each team will have one parent or other adult register the team and pay the \$20.00 entry fee (\$5.00 per runner, no fee for alternate) online when registering the team.

The teams should practice passing the baton before the day of the event so they know what to do during the race. High school track athletes will likely be serving as volunteers at the track meet, and will also be available to help students review baton passing.

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