

\$250 donation  
to any school with  
25+ runners!

# FIFTH ANNUAL AMANDA POST TRACK MEET



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

WHO: 3rd through 8th grade students

WHEN: SATURDAY, June 1, 2019

Check in: 8:00 AM | Start: 9:00 AM - 2:00 PM

WHERE: La Costa Canyon High School Track

All boys and girls in 3rd-8th grade  
are welcome to enter.

No prior running experience necessary.

REGISTER at the  
Amanda Post Foundation website:  
[www.amandapostfoundation.com](http://www.amandapostfoundation.com)

THERE IS  
A MODEST  
ENTRY FEE OF **\$500**  
PER EVENT

Registration closes:  
Wednesday, May 29, 2019 at 5PM

Questions?

Greg Post at (760) 942-3008 or  
Email: [gmpost6@gmail.com](mailto:gmpost6@gmail.com)

John Cotter at (619) 992-8875 or  
Email: [john@jcglobalconsulting.com](mailto:john@jcglobalconsulting.com)



# AP TRACK MEET 2019 RACE DETAILS

## ORDER OF 2019 RUNNING EVENTS

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

## ALL EVENT RACE ELIGIBILITY

3<sup>RD</sup> thru 5<sup>TH</sup> GRADE

\*all sprints (100, 200, 400)

\*800 meter OR 1600 meter

\*relays

--THREE EVENT LIMIT--

6<sup>TH</sup> thru 8<sup>TH</sup> 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 1, 2019 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 **whole** 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 be serving as volunteers at the track meet and will also be available to help students review baton passing.

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