



Events:

1500m 4x200mr/firs

4x200mr(first 2 legS stay in lane)

400m

DMR-200m, 200m, 400m 800

100M F

4x100mr

800m

200m

SMR-1-1-2-4 last leg can cut in

4x4mr

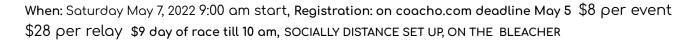
long jump / shot put

*OPEN/MASTERS welcome (day of meet registration)

Awards:Top 3 in each event overall

Where: Roy Wilkins Track

17701 Baisley Blvd, Jamaica, NY 11434 Track entrance at Foch and Merrick Blvd





*Competitors should bring their own implements to be used at Meet. • This event is sanctioned by the AAU.

- All participants must have a current AAU membership
- AAU membership may not be included as part of the entry fee to the event
- AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection
- BE PREPARED: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at the event. Please allow up to 10 days for membership to be processed

MORE INFORMATION:

Charles Weekes 347-865-0487 www.ruffkutztrack@aol.com

