

RUFF KUTZ

RELAYS

Events:

1500m
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

When: Saturday May 7, 2022 9:00 am start, Registration: on coacho.com deadline May 5 \$8 per event
\$28 per relay \$9 day of race till 10 am, SOCIALLY DISTANCE SET UP, ON THE BLEACHER

BRING YOUR TENT AND CHAIRS,

***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