







The Rochester Track Club Presents:



Hal Martin All-Comer's Track Meets

Special Points of Interest:

-  2010 is the 40th Annual running of the meets.
-  Over 2,500 children and their families participate in the meets each year.
-  Meets are organized and staffed by volunteers.
-  Meets are meant to be a fun, noncompetitive way to foster interest in fitness.
-  Parents must sign a waiver the first time you attend one of the meets.
-  One purple participation ribbon is awarded to each participant per evening.

All-Comers' Co-Directors
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The 40th Annual Hal Martin All-Comers' Track Meets will once again be held at Soldiers Memorial Field Track starting at 6:00 PM on the following Tuesdays:

June 15th, 22nd*, 29th, and July 6th, 13th and 20th.

* The All-Comers' Mile is an official RTC Grand Prix Event. This race will be held at 5:30 PM, prior to the regular meet.

Come one, come all. The meets are free and open to the public. There is a waiver parents will need to sign the first meet that they attend. The signature will be good for all six meets.

ORDER OF EVENTS

TRACK EVENTS: AGE GROUPS Boys/Girls:

- | | |
|-------------------------|---------------------------------------|
| 1. 50 METERS | 2 and under, 3, 4, 5, 6, 7, 8, 9, ... |
| 2. 100 METERS | 2 and under, 3, 4, 5, 6, 7, 8, 9, ... |
| 3. 200 METERS | 2 and under, 3, 4, 5, 6, 7, 8, 9, ... |
| 4. 400 METERS | 6 and under, 7-10, 10 and older |
| 5. 800 METERS | 8 and under, 9 and older |
| 6. 1 MILE (1600 meters) | everyone starts at the same time |

FIELD EVENTS: AGE GROUPS Boys/Girls:

- | | |
|------------|---------------------------------------|
| LONG JUMP* | 2 and under, 3, 4, 5, 6, 7, 8, 9, ... |
|------------|---------------------------------------|

*The long jump can be completed anytime during the meet.

The Hal Martin All-Comers' Meets are free thanks to the support of our generous sponsors.

