

2019 Summer All-Comers Track & Field Meets

CU's Frank Potts Field - Boulder, CO

1st and 3rd Thursdays of the Summer months.

June 6 & 20, ~~July 4~~, July 18, August 1 & 15

All ages and abilities are welcome.

Registration begins at 5:30 PM at the track.

Entry fee is \$5.00 per event for BRR members, \$7 for non-members.

Participants may register for up to three events per meet.

Registration for each event is closed 20 mins before each event.

Track Event Schedule

All running events are **hand-timed**, except the Mile High Mile on Aug 15 which is F.A.T.

6:00	100m	Held on all dates
6:20	1500m	June 6, August 1
	Mile	June 20, July 18 *(also on Aug 15 new schedule)
6:35	400m	Held on all dates
6:55	800m	Held on all dates
7:10	200m	Held on all dates
7:30	100m & 110m Hurdles	June 6, August 1
	400m Hurdles	Aug 15 * See <i>MHM schedule</i>
	3,000m Steeplechase	June 20, July 18
7:50	4 x 100m Relay	June 6, August 1
	4 x 400m Relay	June 20, August 15
	Mile Race Walk	July 18
8:00	3,000m	June 6
	5,000m	June 20, August 1
	10,000m	July 18
	Mile High Mile	August 15 * entire schedule moves up on the 15th

Field Event Schedule

(Held on all dates)

Javelin (contact Andy at Andyedmond@comcast.net for approval)

6:00	Long Jump and Shot Put
6:30	High Jump and Hammer (or following Shot Put whichever is later)
7:15	Triple Jump (or following Long Jump whichever is later)
	Discus (or following Hammer whichever is later)

Volunteers/Officials are always needed and appreciated. To volunteer, fill out [this form](#)

Meet Director: Todd Straka Todd@BoulderRunning.com

2019 MILE HIGH MILE - Special Schedule

Part of the Summer All-Comers Track & Field Meets
CU's Frank Potts Field - Boulder, CO

August 15

Mile High Mile - Sub 4 min Mile Attempt!!

All Mile events will be USATF Sanctioned and Fully Automatically Timed.

All ages and abilities are welcome.

Registration for the Open and Elite waves of the Mile High Mile will be online and so that we can use FAT Timing and stay on schedule. Link to be posted in July.

All Other Events

Entry fee is \$5.00 per event for BRR members, \$7 for non-members.

Registration for all other events begins at 5:30pm and will be closed 10 mins before each event.

Track Event Schedule

All running events are **hand-timed**, except the Mile High Mile, which is F.A.T.

6:00 PM	100m
6:20	400m
6:40	800m
6:55	200m
7:15	400m Hurdles
7:30	4 x 400m Relay
7:45	Mile High Mile Open Heats
8:15	Elite Women Mile
8:30	Elite Men Mile
8:40	Awards

Field Event Schedule

(Held on all dates)

6:00	Long Jump and Shot Put
6:30	High Jump and Hammer (following Shot Put)
7:15	Triple Jump (following Long Jump) and Discus (following Hammer)

Volunteers/Officials are always needed and appreciated. To volunteer, fill out [this form](#)

Meet Director: Todd Straka Todd@BoulderRunning.com