

North Florida All-Ages Track Meet

February 3rd, 2018

Lincoln High School, Tallahassee, Florida

\$8 per athlete.

Email entries to LFCsumner3@aol.com. Please include name, age, gender, events and predicted time.

Fully Automatic Timing provided by Miles and Minutes, LLC.

All ages will be contested together.

Results will be available on www.flrunners.com at the end of the meet.

Order of Events: Events will begin at 12pm on a rolling schedule.
All events are finals.

**3200m Run
High Hurdles
100m Dash
1600m Run
400m Dash
300m Hurdles
800m Run
200m Run**



Field Events will be: High Jump, Long Jump, Shot Put

For further information and/or questions please contact Coach Sumner at LFCsumner3@aol.com or by phone at (850)567-6175.

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Name: _____

Gender: M / F

Grade/age: _____

Event(s): _____