

Rising Phoenix Track Club, Pendleton High School Track & Field/Cross Country, Roundup City Racers

2019 All-Comers Track Meet #3

**Pendleton High School
1800 NW Carden Ave, Pendleton, OR 97801**

July 19, 2019

6:00 PM

ORDER OF EVENTS:

*100m/**110m High Hurdles
4x100m Relay
100m
1500m
400m/****400m Hurdles
200m/**200m Hurdles
3000m
4x400m Relay

*= Changed from 1500m to One Mile Run

We will be giving anywhere from 5 to 15 minutes between most events to allow athletes time to warmup for their events and/or recover from their previous events.

Ages, genders will be combined in certain events if there are not many athletes planning to compete in that event. Final results will reflect the genders and ages separately.

Some events may combined dependent upon the number of athletes competing (ex. The 400 meter hurdles will be run along with the open 400 meter sprint race if there are few enough running those events).

*- Middle school girls (11-13) run w/ 30” hurdles. Middle school boys (11-13), high school girls (14-18), open age group women (19-29), masters women (30-39), and masters men (60+) all run w/ 33” hurdles. Masters men (50-59) run w/ 36” hurdles.

** - High school boys (14-18) and masters men (30-49) run w/ 39” hurdles. Open age group men (19-29) run w/ 42” hurdles.

*** - Middle school boys and girls (11-13) run w/ 30” hurdles.

**** - All women (age 14-49) run w/ 30” hurdles. All men (age 14-49) run w/ 36” hurdles.