

Landsharks Running Club Spring 2011 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
3/28 practice 3:45-4:30		3/30 practice 3:45-4:30		
4/4 practice 3:45-4:30		4/6 practice 3:45-4:30		
4/11 practice 3:45-4:30		4/13 practice 3:45-4:30		
4/18-No practice 1 st meet Middle Distance		4/20 No school No practice		
4/25-No practice 2 nd meet Sprint dist		4/27 practice 3:45-4:30		
5/2-No practice 3 rd meet Middle Distance		5/4 Practice 3:45-4:30		
5/9 –Make up meet if needed End of season Celebration 3:45-4:30				

Race day Instructions

- Race Uniform:** Landsharks t-shirt (or any light grey t-shirt), comfortable shorts, white socks. Don't forget water bottle, sweat pants, and sweatshirt or jacket if needed.
- Runner's Number Tags:** Upon arrival at the race, please look for the designated coach/parent from our school who is handing out the tags. Please pin the tags on the front of you child's t-shirt.
- Warm-up:** Have your runner meet the other runners from our school (all in the same color t-shirt) out on the infield of the track to stretch and warm-up.
- Staging for Races:** After warm-up, please have your child stay with the coaches and they will make sure they get into the proper heat. Each race has a first and final call for runners to meet at the staging area. The runners will receive race instructions in the staging area and will be escorted onto the track. After crossing the finish line, the runners will go thru the finish chute and then get their race ribbon, drink, and snack. The runners will be collected and escorted back to their team's area or their parents.
- All parents need to please stay off the infield unless you are a coach or volunteer for the race.**
- Have fun and cheer for all the runners!

Landsharks Spring Track Series Race Day Schedule

Middle Distance Night: (4/18 and 5/2)

Runners will run in just one event. If an event has more than 20 runners it will be split into two heats (a boys' heat and a girls' heat).

5:30 pm – Coaches meeting and runners begin to arrive
5:35 pm – Warm-up on the track
5:45 pm – Volunteers meeting
5:55 pm – National Anthem
6:00 pm – 2nd graders 400m
6:05 pm – 1st graders 400m
6:10 pm – kindergarteners 400m
6:15 pm – 1st and 2nd graders 800m
6:25 pm – 3rd graders 800m
6:35 pm – 4th graders 800m
6:45 pm – 5th and 6th graders 800m
6:55 pm – 3rd thru 6th grade mile run
7:10 pm – clean up

Sprint Distance Night: (4/25)

Runners will run in two events and receive their award after the second event.

50m and 100m will be run in heats of 8, one runner per lane.

200m and 400m will be run in heats of 20 with a split start.

5:30 pm – Coaches meeting and runners begin to arrive
5:35 pm – Warm-up on the track
5:45 pm – Volunteers meeting
5:55 pm – National Anthem

Back Straight
6:00 pm – 2nd graders 50m
6:00 pm – 1st graders 50m
6:00 pm – kindergartners 50m
6:30 pm – 2nd graders 200m
6:35 pm – 1st graders 200m
6:40 pm – Kindergartners 200m
6:45 pm – 3rd graders 400m
6:50 pm – 4th graders 400m
6:55 pm – 5th graders 400m
7:00 pm – 6th graders 400m
7:10 pm – clean up

Front Straight
3rd graders 100m
4th graders 100m
5th graders 100m

• All race times are approximations. The first race will start right at 6pm. We reserve the right to start races immediately after previous race is completed. Results will be posted at:

www.landsharkrunclub.com