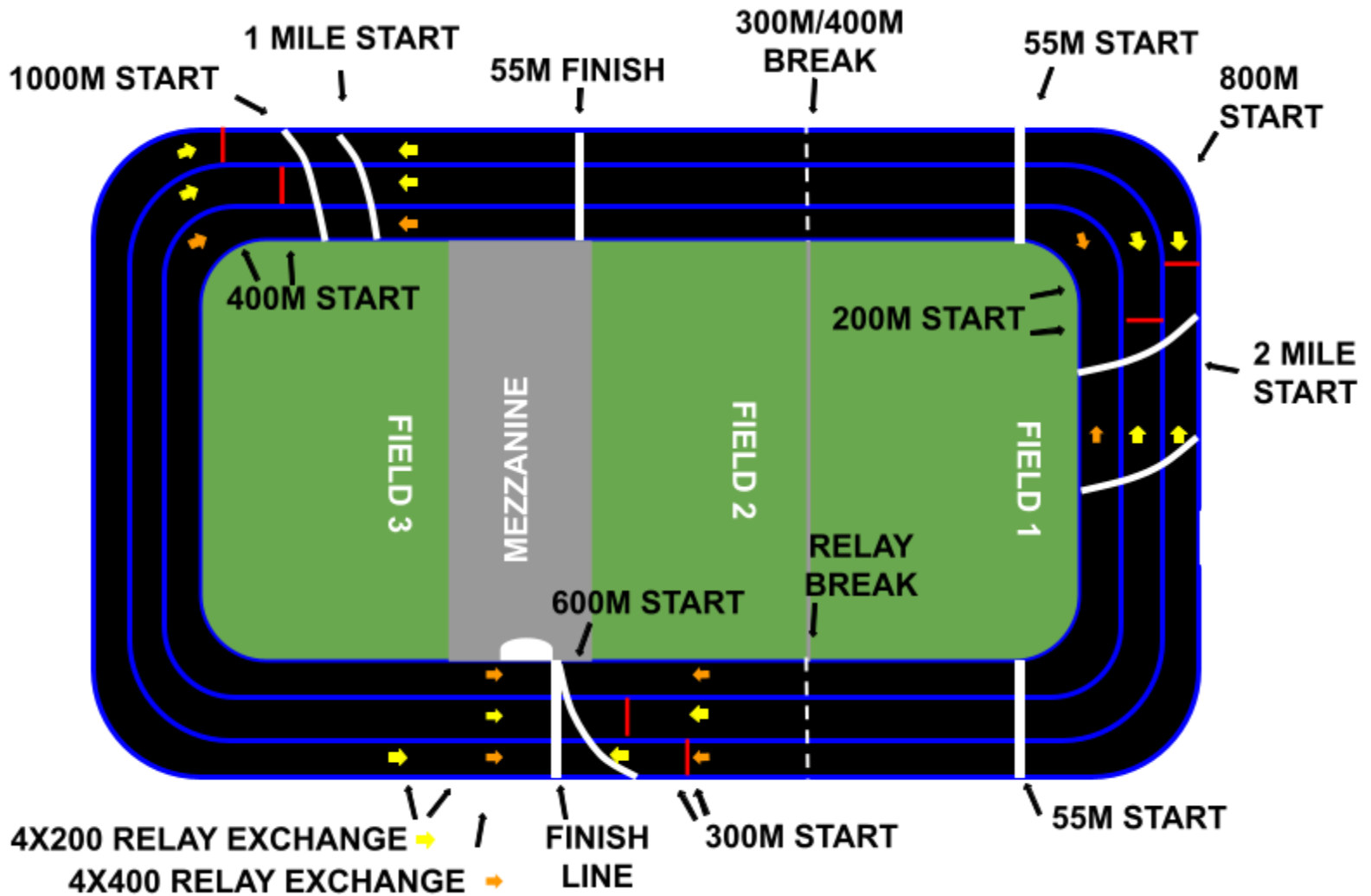


ROOTS

TRACK & FIELD CLUB



Track Specifics

- 300M 3 lane track elevated 20 feet!
- 4' Lane width, 90m Straights, 60m Turns
- 8 mm Rubberized Surface (1/8 pins)

Track markings

- Start line - Field 1 55, 60, 3x50
- Start line - Field 3 1 Mile, 400, 1000, 4x400
- Start line - Field 1 2 Mile, 800, 4x800, 4x200
- Start line - Mezzanine 300, 600



LOCATION:

Roots Athletic Center - 181 Root rd, Westfield, MA

REGISTRATION DEADLINE:

\$10/Athlete January 15, 2021 Trackcentral.net

All Events Girls followed by Boys

10:30- Coach Meeting/First Call

11:00- 2 Mile

55HH

55 Dash

Mile

4x50 Shuttle

600

300

1000

SMR 1600 - 2,2,4,8

DMR - 1200,400,800,Mile

CONTACT:

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