



# Springfield/South County Youth Club

## June 04 Intrasquad Meet

### Estimated Time Schedule:

- **9:00 AM** - Check-in Opens
- **9:15 AM** - Team Picture & Announcements
- **9:35 AM** – Coaches' 4x100m Relay
- **9:45 AM** - 1 Mile Run and Long Jump Begins
- **10:30 AM** - 100m Sprint
- **10:50 AM** - 400m Sprint
- **11:35 AM** - 3000m Run
- **11:50 AM** - 800m Run
- **12:15 PM** - 200m Sprint

### Event Calls:

- After check-in, please go to the stands.
- We will call for warmups about 10 – 15 minutes prior to the start of the event.
- Athletes will warmup with coaches on the field and then be directed to go to the clerking tent.

### Results & Awards:

- **ALL athletes can pickup a celebratory medal at the medal tent at the conclusion of their final race.**

### Questions?:

- Find an SYC volunteer.

### Long Jump Note:

- Athletes may jump at any time. They do not have to stay at long jump the entire time.



**WINDSORRUNNING**

Scan for Live Results



**Facility map is on the back.**

**ENTRANCE**

**MEDAL TENT**

**CHECK IN**

**SPECTATORS ARE NOT PERMITTED ON THE FIELD OR TRACK! COACHES/ATHLETES ONLY!**

**WARMUP AREA**

**CLERK**

**TIMING**

**FINISH LINE**

**LJ (COMP)**

**WALK AROUND THE EDGE OF THE TRACK PLEASE**

