

Omaha Running Club

3rd Annual Jim McMahon Open Track Meet

For ALL AGES!



When: June 9, 2019

Where: Westside High School Track,
87th and Pacific St.

Events:	<u>Field:</u>	<u>Track:</u>
	Long Jump	100, 200, 400,
	High Jump	800, 1,600, 5,000
	Shot, Discus	

Schedule of Events:

7:00 - 8:00 a.m.	Race Day Registration
8:00 a.m.	Long Jump, High Jump, Shot, Disc
8:30 a.m.	Running Events Begin (rolling schedule) 100 meter dash 1,600 meter dash 400 meter dash 200 meter dash 800 meter dash 5,000 meter run

NEW: EASY ONLINE REGISTRATION!

- 1) Go to omaharun.org/race-calendar
- 2) On the calendar, go to June 9, click on "Jim McMahon Open Track Meet"
- 3) Click the link to register and fill it out!

OR

Go to:
<https://www.cognitofrms.com/OmahaRunningClub1/JimMcMahonOpenTrackMeet>

Fill out the information and you are set!

*You will have the option to select either paying by credit card or a check. Just note: if paying by check, we MUST receive the payment by Thursday, May 30 to receive a t-shirt and car towel!

Entry Fee: \$25 (up to four events)

What do you get??

- T-shirt *
- Car seat towel to keep your car clean after sweaty summer runs!*
- Snacks/drinks!
- Age group medals!
- Ribbons for all runners high school and under
- Fully automatic timed event (meet sanctioned by USATF!)

* MUST BE REGISTERED ON/BEFORE MAY 30 TO GET TOWEL!!!!