

# 'All-Comer' Track & Field Meets

- Thursday, June 5 and 12, starting at 6:30 pm (event schedule below)
- At Messiah College, Starry Athletic Fields  
One College Ave, Mechanicsburg, PA 17055 (village of Grantham)  
([link map](#))
- Open to all ages.
- Register when you arrive. \$7.00 entry fee for unlimited events.
  1. Register at registration tables on walkway up to the track and receive event cards.
  2. Turn in RACE event card no later than 30 min. prior to your event at registration table.
  3. Turn in FIELD event card to field event official.
- Notes.
  - If inclement weather conditions, the meet will be canceled by 4 pm. and announced at [www.GoMessiah.com/allcomer](http://www.GoMessiah.com/allcomer).
  - Track event will be hand-timed.
  - Results will be posted at outside the press box and at [www.GoMessiah.com/allcomer](http://www.GoMessiah.com/allcomer).
  - This is a non-sanctioned, non-qualifying meet.
  - The pole vault may be added June 12 if we hear of enough interest.
  - Contact Dale Fogelsanger, @ [dfogelsa@messiah.edu](mailto:dfogelsa@messiah.edu) for more information.
- ALSO, a 5 mile trail race, The Big Dipper, will be held at Messiah College on Saturday evening, July 19, at 6:30 pm.

## SCHEDULE OF EVENTS

(The meet will not run ahead of schedule, and may run behind schedule, depending on the amount of participants.)

### TRACK EVENTS (W then M)

6:30pm	4 x 100m Relay
6:40 pm	1600m
7:00 pm	100mH/110m HH
7:15 pm	400m
7:30 pm	100m
7:40 pm	800m
7:55 pm	300m IH
8:10 pm	200m
8:20 pm	3200m (M&W)

8:35 pm 4 x 400m Relay

### FIELD EVENTS

6:30-7:00 pm	Javelin (M&W)
7:00-7:30 pm	Discus (M&W)
7:30-8:00 pm	Shot Put (M&W)
6:45-7:30 pm	Long Jump (M&W)
7:30-8:00 pm	Triple Jump (M&W)

6:45 pm

High Jump (M&W)