



SUMMER 2023 TRACK & FIELD SERIES

**PARTICIPATE IN A SERIES
OF SUMMER TRACK MEETS
FIVE SUMMER WEDNESDAYS
JUNE 21 & 28 AND JULY 12, 19 & 26, 2023**

**IN THE DC ATHLETIC COMPLEX
FIELD EVENTS - 5:30 PM | RUNNING EVENTS - 6:15 PM**

**OPEN TO ALL AGES WITH 12 AGE GROUPS:
6 & UNDER, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18,
OPEN, 30-39, 40-49, 50-59, 60 & OVER**

**\$5 PER PERSON, PER DAY - *Unlimited events!*
PAY AT THE GATE, AS YOU ATTEND**

Ribbons are awarded to the first three places!

Randy Williams | maddogsports@aol.com or 313-283-4618





ORDER OF EVENTS

DATES

6/21, 6/28 & 7/19

High Jump & Long Jump

Shot Put & Discus

80/100/110 Hurdles

Mile Run

100 Meter Dash

50 Meters (6 & U/7-8)

200/400 Meter Hurdles

5000 Meter Run

200 Meter Dash

4 x 400 Meter Relay

DATES

7/12 & 7/26

High Jump & Long Jump

Shot Put & Discus

Mile Run

400 Meter Dash

100 Meter Dash

50 Meters (6 & U/7-8)

800 Meter Dash

200 Meter Dash

5000 Meter Run

4 x 100 Meter Relay