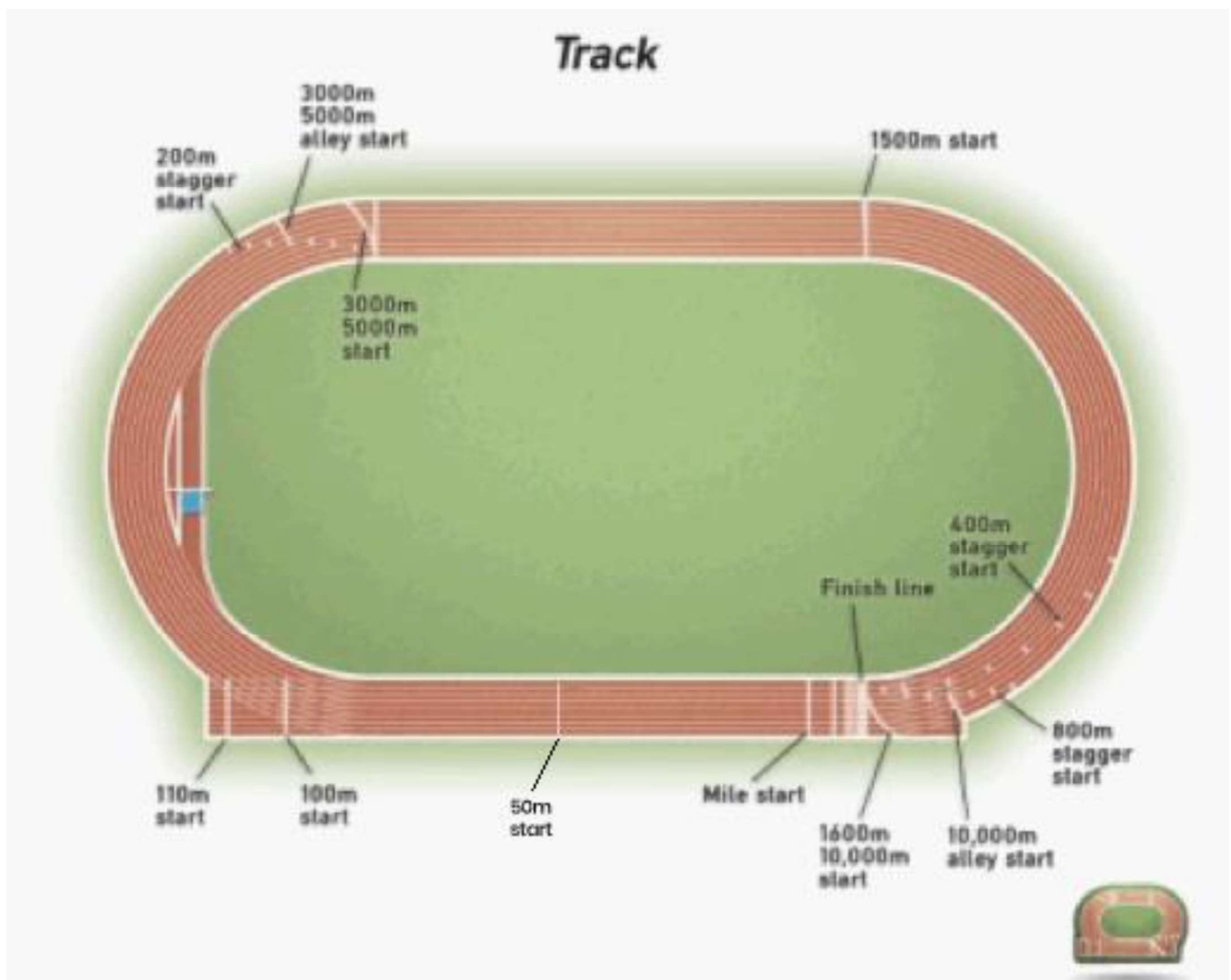




VIRTUAL TRACK MEET Running Events **SCORESHEET & PROCEDURES**

Events

- 50 Meter Dash (must be run on a safe, dry track with supervision (friend or family member))
- 100 Meter Dash (must be run on a safe, dry track with supervision (friend or family member))
- 200 Meter Dash (must be run on a safe, dry track with supervision (friend or family member))
- 400 Meter Dash (must be run on a safe, dry track with supervision (friend or family member))
- 800 Meter Run (track and/or supervision recommended, but not required)
- 1500 Meter Run (track and/or supervision recommended, but not required)



VIRTUAL TRACK MEET

Recommended Equipment

1. Comfortable running shoes. Soft spikes recommended for synthetic track surfaces.
2. Water Bottle
3. Watch with digital timer or stop watch.
4. Sunscreen

Course/Track Selection

1. Review community safety regulations before going for your dash/run
2. Alter your time of day if your favorite course/track is crowded
3. Be prepared for limited access to public restrooms
4. Run when you like and report your times for each event for which you registered.

Safety recommendations

- Run single file, not two abreast.
- Let someone know where and when you will be running and when you expect to be back for the 800 and 1500.
- Only use a safe, dry track that is free of impediments for the 50, 100, 200 and 400. It is not safe to run these four events on grass, cement, uneven terrain, etc.

Rules

1. USA Track & Field rules will govern this event as is relevant. It is understandable and noted that participants will not have access to sophisticated camera timing systems and should do what is necessary to simply stay safe when completing these events.

	Write your times here so you will have them easily accessible to submit.
50 Meter Dash	
100 Meter Dash	
200 Meter Dash	
400 Meter Dash	
800 Meter Run	
1500 Meter Time	