



Summer Developmental Track
Meet Series

- When? Three meets Wednesdays: June 16, July 7, July 28
First race starts at 7:00 sharp!
- Where? St. Martin's Episcopal School
Latter & Blum Track (do not park in signed and coned areas)
709 Green Acres Road
- What? Eight races, rolling schedule.
Order of events:
1 mile, 100, 800, 4 x 100, 400, 200, 4 x 400, 2 miles
- No frills – hand timing – cups and water supplied.
- No pre-registration – just line and run.
- No awards – all you get is an accurate distance and a stopwatch time.
- Who? All comers – At this type of meet, ages of competition often run from about 5 to almost 80.
- Why? These sorts of developmental meets date back to the 1960's in the NOLA area. They are designed to give track runner at all ages the opportunity to test themselves and evaluate their training effectiveness in a relaxed supportive setting.