

Team Athletic  Crawford Foundation

PRESENTS THE

MILESTONE — RUNNING —

DISTANCE TRACK FESTIVAL

Date/ Time: Friday, April 19, 2024 at Crawford High School. 6:00pm - 8:30pm.

Meet Information: This is a late season opportunity to bring your middle distance runners to run fast times heading into championship season. Partial teams are welcome! Events contested are the 400m, 800m, 1600m, 3200m, and COED 4 x 400m relay. 3200m heats will be COED, with Open and Invitational races seeded off of a COED performance list. We will feature a new COED 4x 400m relay! Teams may enter up to two COED teams (please be accurate with split estimations) composed of two girls, and two boys, per team, run in any strategic order!

Divisions: Boys Varsity (Invitational, Open) JV (Open), Girls (Invitational, Open)

Entry Fee: \$15.00 per athlete for one event. \$10.00 per athlete per event for more than one event! (Ex. Two events = \$20, Three events = \$30)

Checks: Made payable to “Team Crawford Athletic Foundation” with “Track Festival” in the memo line. Please bring them to meet with you when you collect your team packet.

Meet Results: by 

Meet Director: Chris Brewster Email: chris.c.brewster@gmail.com Phone: 619-495-8153

Medals/ Hats: The top 3 runners in each race; Open and Invite sections will receive medals! The top 5 runners in each section will receive FREE running hats!

Parking: You can enter the campus and find parking on the **northeast side (back side) of the campus off of SPARTAN DR. San Diego, CA 92115** (use google maps!) The double gates will be found at the end of the cul de sac.

Additional **PARKING can be found along TROJAN AVE** north of the stadium. OR, on the south **west side of the school off of COLTS WAY** Use google maps!

Campus Entrances: You may enter through the **MAIN ENTRANCE ON EAST SIDE OF THE STADIUM OFF OF SHARON PL on the east side of the stadium.** (If you park along Trojan or off of Colts Way)

If you find parking on campus through the **SPARTAN DRIVE ENTRANCE** **you can make your way through campus towards the northeast side of campus where the stadium is located.**

Bus/Drop off areas: Off of Sharon Pl on the east side of campus. You will find the main entrance up the handicapped ramp that leads into campus.

Team Check In and Main Spectator Entrance: can be found on infield near the 50 yard line.

Admission is FREE.

Spikes: Must be 3/16 inch Needle or Pyramid.

Team Set Up: May be along both sides of the stadium, but NOT in front of the press box. Participating athletes and coaches may be on the in field. Athletes may warm up in the surrounding neighborhood, or on the in field.

Spectators: May watch from the bleachers on both sides of the track. AS WELL AS STAND on the track, up to the cone/roped off areas, around the 7th lane!

Concessions/ Food: TACOS, TACOS, TACOS and other food and drink items will be for sale at the concession stand.

ESTIMATED TIME SCHEDULE: We may add additional heats in certain races if necessary. We will work to run the meet on schedule.

6:00: PM	Girls 1600m Open	7:22: PM	Girls 800m Open Section # 1
6:10: PM	Boys 1600m Open Section #1	7:28: PM	Girls 800m Open Section # 2
6:19: PM	Boys 1600m Open Section #2	7:33: PM	Boys 800m Open Section # 1
6:27: PM	Boys 1600m Open Section #3	7:38: PM	Boys 800m Open Section # 2
6:34: PM	Girls 1600m Invitational	7:42: PM	Girls 800m Invitational
6:42: PM	Boys 1600m Invitational	7:47: PM	Boys 800m Invitational
7:02: PM	Girls 400m Open	7:54: PM	Coed 3200m Open
7:06: PM	Boys 400m Open Section #1	8:10: PM	Coed 3200m Invitational
7:10: PM	Boys 400m Open Section #2	8:24: PM	Coed 4 x 400m Open
7:14: PM	Girls 400m Invitational	8:30: PM	Coed 4 x 400m Invitational
7:18: PM	Boys 400m Invitational		