

FASST TRACK OUTDOOR TRACK MEETS 2023



DATES/DETAILS:

- 🏃 **FASST TRACK OPEN – Wednesday, June 14 (\$20 online/\$25 late/day-of)**
- 🏃 **FASST TRACK CLASSIC – Wednesday, June 28 (\$20 online/\$25 late/day-of)**
- 🏃 University of Dubuque, Douglas J. Miller Track – 150 McCormick Street, Dubuque, IA
- 🏃 Open to EVERYONE! ALL ages, youth thru masters, in ALL events
- 🏃 8 & Under **FREE** entry into **FUTURE TRACKSTERS** events: Sprint, Jump, Throw
- 🏃 Spectators - **\$5 for adults / kids free** (*this allows us to provide FAT timing*)
- 🏃 **REGISTER** online at www.athletic.net | **Early entries close 12noon the day prior to the meet**
you may register on the day, but registering online allows for a better meet experience for all & saves you money
- 🏃 Search for “FASST TRACK OPEN” or “FASST TRACK CLASSIC”
- 🏃 **Please enter age and a realistic seed time that best represents current fitness/ability**
- 🏃 *If schedule changes, new details will be emailed to all entered and posted on FASST social media*

MEET SCHEDULE:

4:30PM-5:15PM – Check-in/day-of registration CLOSES at 5:15pm to allow for heats to be drawn

5:30PM – **FUTURE TRACKSTERS TRIATHLON BEGINS (FREE)**

ALL LITTLE TRACKSTERS, PLEASE MEET AT THE UD LOGO IN THE CENTER OF THE FIELD AT 5:20PM AFTER CHECKING IN

- 🏃 **Long Jump** – 3 jumps for all (opposite pit of open long jump)
- 🏃 **Throws** – 3 throws for all (on turf infield inside stadium)
- 🏃 **100M Dash** – Final event at 7pm / in special Future Tracksters heats (see below)

5:30PM – **FIELD EVENTS BEGIN**

- 🏃 **Shot Put** – Men first, followed by women, 4 throws then finals (top 9 to finals)
- 🏃 **Discus** – Women first, followed by men, 4 throws then finals (top 9 to finals)
- 🏃 **Long Jump** – 1-hour open pit, 4 jumps, all ages
- 🏃 **High Jump** – Starting height of 3’, going up by 2”, stay alert for your starting height
- 🏃 **Pole Vault** – begins after all warmups completed, progression starts at 6’ and increases 6”
- 🏃 **Triple Jump** – Follows long jump, 30 min open pit, 4 jumps, all ages – 7:00pm approx. start time

6:00PM – **TRACK EVENTS BEGIN** *all times are approximate/rolling schedule

- 🏃 6:00 – G/W/B 100m Hurdles
- 🏃 6:10 – B/M 110m Hurdles
- 🏃 6:20 – G/W 100m Dash
- 🏃 6:30 – B/M 100m Dash
- 🏃 6:40 – 1600M Run
- 🏃 7:00 – **FUTURE TRACKSTERS 100m Dash**
- 🏃 7:10 – G/B 4x100m Relay - All
- 🏃 7:20 – G/B 400m Dash
- 🏃 7:30 – G/B 400m Hurdles
- 🏃 7:40 – G/B 200m Dash
- 🏃 8:00 – G/B 800m Run
- 🏃 8:15 – G/B 3200m Run (Meet #1) | G/B 5000m Run (Meet #2)
- 🏃 8:30 – G/B 4x400m Relay

races run in age order, youngest to oldest, girl’s to boy’s or mixed and seeded accordingly

To view active entries for any event, please visit Athletic.net

Email us at thefassttrack@gmail.com



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Train  **FASST**. Be Faster.