

10th annual

FRONT RUNNERS

INDOOR TRACK MEET

Friday, March 7, 6-10pm • THE ARMORY • 168th St & FORT WASHINGTON, NYC

- ★ Sanctioned by USA Track & Field
- ★ Fully Automatic Timing
- ★ Awards
- ★ \$ 15.00 Entry Fee on the day of the event
allows entry into multiple events
- ★ List of scheduled events (in order):
 - 1500m Racewalk
 - 60m Dash
 - 1 Mile
 - 400m
 - 800m
 - 2 Mile
 - 200m
 - 4 x 800m Relay
 - 4 x 200m Relay
 - 4 x 400m Relay
- ★ 1/4" Pyramid Spikes Only

Medals to Top Three in Each Age Category: 29 & under, 30-39, 40-49, 50-59, 60 & above

Gift Certificate to Urban Athletics to Top 3 Male & Female Overall Finishers in Individual Events (\$75, \$50, \$25).

Gift Certificate to Urban Athletics to Top Male & Female Teams in Relay Events (4 @ \$25)

\$300.00 1st place prize for highest scoring Male and Female teams

\$150.00 2nd place prize - Male and Female teams

(track meet style scoring)

Take the 1, A or C train to 168th

For more information contact Joe Plutz at 212.956.3124 or JOEPLUTZ@aol.com

Sponsored by Urban Athletics

2 World Financial Center
(in The Winter Garden)
New York, NY 10281
Phone: 212/267-2247

1291 Madison Avenue
@ 92nd Street
New York, NY 10128
Phone: 212/828-1906



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