










FASST TRACK & FIELD / SUMMER MEET SERIES

MEET INFORMATION

Updated/official 12JUNE2022

DATES/DETAILS:




-  **FASST TRACK OPEN #1 – Wednesday, June 15 (\$15 online/\$20 late/day-of)**
-  **FASST TRACK OPEN #2 – Thursday, June 30 (\$15 online/\$20 late/day-of)**
-  University of Dubuque, Douglas J. Miller Track – 150 McCormick Street, Dubuque, IA
-  Open to ALL ages, youth thru masters, in ALL events
-  Spectators - \$5 for adults / kids free (*this allows us to provide FAT timing*)
-  **REGISTER** online at www.athletic.net | **Early entries close 11:00pm the evening 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 #1” or “FASST TRACK OPEN #2”
-  **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 CLOSSES 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 6:55pm / 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”, announcements made as we go up
-  **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**
-  **6:45 – Combined Mile Run (1,609.34 meters)**
-  **7:00 – FUTURE TRACKSTERS 100m Dash**
-  **7:05 – G/B 4x100m Relay - All**
-  **7:15 – G/B 400m Dash**
-  **7:25 – G/B 400m Hurdles**
-  **7:35 – G/B 200m Dash**
-  **7:55 – G/B 800m Run**
-  **8:10 – G/B 3000m 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

Questions? Email us at thefasstrack@gmail.com



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