

## **Lincoln All Comers Track Meet**



**Wednesday, June 18<sup>th</sup> (Lincoln North Star)**

**Tuesday, July 1<sup>st</sup> (Lincoln North Star)**

**600-800pm.**

**Registration starts at 5:20pm**

**Cost is \$2 per event, \$10 for donut race (see below)**

**Runners of all ages and abilities (seriously, the more people there are the better) are welcome. Get ready for an upcoming race, get in a workout, meet some folks, whatever.**

**Events (in order)**

**6:00 pm-400m**

**6:15- 800m**

**6:25- Predict a 1600m (prizes given)**

**6:40- 200**

**6:50- Mile (true mile, no 1600m)**

**7:00- 100**

**7:10- 3000 or 5000 (only by request for people needing a qualifying time or wanting to run a longer distance)**

**7:35pm- DONUT 2k (June 18th meet only)**

**Eat a donut, run a lap format, specific rules given at event**

Presented by LRC, Hy-Vee, Pink Gorilla Racing,  
simplesoleproject.com



6 donuts, 5 laps total

Pre-Registration will get you a customized coffee mug. ***NEED TO EMAIL ME BY JUNE 12<sup>th</sup> TO GUARENTEE A SPOT.***

There will be extra doughnuts for day of registration, but limited.

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