

Milestone Running Distance Festival @ Crawford High School

Date/ Time: Friday, April 21, 2023 at Crawford High School. 6:00pm - 9:00pm.

Meet Information: This is a late season opportunity to bring your middle distance runners to run fast times heading into championship season, under the stadium lights! Partial teams are welcome! This is a DISTANCE meet, featuring only the 400m, 800m, 1600m, and 3200m events.

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

Entry Fee: \$10.00 per athlete, per event. The cost of one athlete running two events is \$20.

Checks: Made payable to "Team Crawford Athletic Foundation" with "Track Festival" in the memo line.



Meet Results: by

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

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

6pm Girls Open 3200m	6:20pm Boys Open 3200m	6:40pm Girls Invite 3200m
7pm Boys Invite 3200m	7:20pm Girls Open 800m	7:27pm Boys Open 800m
7:40pm Girls Invite 800m	7:47 Boys Invite 800m	7:55pm Girls Open 400m
8:00pm Boys Open 400m	8:10pm Girls Invite 400m	8:15pm Boys Invite 400m
8:30pm Girls Open 1600m	8:40pm Boys Open 1600m	8:50 Girls Invite 1600m
9:00 Boys Invite 1600m		

Medals: The top 3 runners in each race; Open and Invite sections will receive medals!

T-Shirts: Will be **PROVIDED for FREE FOR PARTICIPATING ATHLETES.** Coaches, please send us your T-Shirt sizes **at least one week before the meet!** This is our gift for attending our first year meet! **You will receive them at TEAM CHECK I**

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 the south east side of the track stadium.

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.

Athletes and Coaches ONLY are WELCOME on the in field: 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.