

Come Join us on Wednesdays, June 16 & 30 at the Hudsonville Athletic Complex located at 3835 Baldwin St. These events are for the whole family! This is your chance to see if those workouts are really increasing your speed and times.

Events:

June 16 ~ starting at 6:00 p.m. - mile run, 30 meter dash (8 and under), 70 meter dash Tune 10 ~ Starting at 0.00 p.m. - mile run, 30 meter dash (6 and dider), 70 meter dash (ages 9 - 13), 100 meter dash (high school & up), 300m hurdles, 800m, 4X400 relay

June 30 ~ starting at 6:00 p.m. - 3200 meter run, 30 meter dash (8 and under), 70 meter dash (ages 9 - 13), 200 meter dash (high school & up), prediction mile (no watches), 400m, 100m hurdles, 4X100m relay

If you have any questions, please contact Kevin Conkel, coordinator, at 616-662-2343

REGISTER AT THE GATE STARTING AT 5:30 P.M.

Events begin at 6:00 p.m. Age brackets will be combined if there are too few people signed up. Age brackets as follows: 8 & under, 9 - 13, 14-17, 18-22, 23-30, 31-40, 41-50, 51-60, 61 & up

