

# Wednesday Night Under the Lights

## Community Races

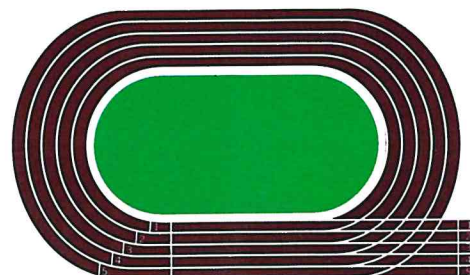
(Sponsored by WOHS Cross Country and Track & Field Teams)

**Who: Anyone** (yes including YOU!)

**When: Wednesday Evenings**

**Time: 7pm**

**Where: WOHS Suriano Track**



<u>Date</u>		<u>Races</u>		
July 10th	-	1 Mile Run	100m Dash	800m Run
July 17th	-	400m Dash	1 Mile Run	200m Dash
July 24th	-	1 Mile Run	100m Dash	800m Run
July 31st	-	400m Dash	1 Mile Run	200m Dash

### Competition Divisions:

6 & Under / 7-10 / 11-14 / 15-19 / 20-29 / 30-39 / 40-49 / 50-59 / 60+  
Medals to the Top 3 in each division

\$5 per race

T-Shirt to ALL 4 Week Competitors (compete in one race each week)  
(Proceeds to WOHS Cross Country / Track & Field Teams)

Registration starts each night at 6:15pm / First race will start at 7pm.

Questions / Contact Info:

Coach Jason-Lamont Jackson Sr. / [Speed4SportCoach@gmail.com](mailto:Speed4SportCoach@gmail.com)

(West Orange HS Cross Country, Indoor, and Outdoor Track & Field Coach)