

Howard County Striders

Meet of Miles

(One mile race on the track)

DIFFERENT LOCATION THAN LAST YEAR!!!!!!!!!!!!!!

Wednesday, July 23, 2008

Registration at 5:30PM at the **Oakland Mills High School Track**

9410 Kilimanjaro Road, Columbia, MD 21045

Entry Fee - \$1.00 (\$3.00 max per family)

Bring the whole family out to run and/or watch the races.

Order of Events:

<u>Approximate Start Times</u>	<u>Event</u>
5:30	Registration
6:00	100 (Kids 5 & under)
6:05	400 (Kids 9 & under)
6:15	Mile (Males time over 6:00)
6:30	Mile (all Females)
6:45	Mile (Males time under 6:00)

Only one race per person.

**Trophy to the male and female winner of
the MILE.**

Ribbons for all the kids!