



WINTER INDOOR TRACK SERIES

Open track meets for all ages and abilities

Sunday, January 12th, February 23rd, and March 29th, 2020 from 8AM–2PM



ABOUT

Looking for a break from the cold, wet, lonely days of winter running? Come run FLRC's winter track meets at Cornell University's Barton Hall, where it's always warm and dry, and where you can test your fitness on Cornell's state-of-the-art 200-meter rubberized track. All ages (seriously!) and abilities (really!) are welcome, and when you're not running, you can enjoy watching some of the area's best runners compete. Join the fun!

EVENTS

Specific events vary from month to month, as specified below, and are run in the order listed.

January Events	February Events	March Events
3000m	5000m	3000m
60m	800m	1 mile
1 mile	60m	60m
200m	400m	400m
4x200m relay	4x400m relay	4x200m relay

WHERE

Use a mapping service or GPS to find Barton Hall at Cornell University. Free parking is available in the Kite Hill lot at Schoellkopf Field, the parking garage across from Teagle Hall, and adjacent lots as noted on signs.

WHEN

Bib pickup and day-of-meet registration start at 8:00 AM • **No day-of-meet registration after 8:45 AM!**
First event starts at 9:00 AM and meets generally go until 2:00 PM.

REGISTRATION

Online pre-registration strongly encouraged and is open until 6 PM the day before the meet.
Register at fingerlakesrunners.org/races/winter-indoor-track/ or contact the meet director via email.
Day-of-race registration is available for those who cannot register online but heat placement isn't guaranteed.

FEES

Pre-registration Fees: FLRC members: Free; Students: \$3; Adults: \$5; **Day-of-Meet Fee for Everyone:** \$10
Team Fees: Up to 12 runners: \$20; 13–50 runners: \$35; over 50 runners: \$50
Fees are payable at bib pickup and cover the meet as a whole regardless of the number of events run.

NOTES

- Registration for relays is available only at the meet; fill out and submit a relay registration card at the desk.
- Please predict realistic finish times when registering so we can seed you in an appropriate heat.
- Events run in the order listed, with seeded heats run slow to fast. The number of heats and times will be announced.
- Timing is done by hand, with a Time Machine, not a camera-based fully automatic timing (FAT) system.
- Spikes are allowed, but not recommended. If you must wear spikes, please use only pin spikes.
- There are no field events due to restrictions in our Road Runners Club of America insurance coverage.
- The meets are not USATF-sanctioned, so performances cannot be used as World Championship or Olympic qualifiers.
- For remaining questions, or to pre-register manually, contact meet director Adam Engst (ace@tidbits.com).