



**DALE CITY
LIGHTNING
TRACK CLUB**
PRESENTS
**LIGHTNING
Relay Games**

Saturday, May 18
Potomac High School
3401 Panther Pride Dr
Dumfries, VA 22026
12pm start

Fully Automatic Timing (FAT) Services
Sponsorship & Vending Opportunities

Register via CoachO.com | info@dalecitytrack.org | 571.306.3285

Gates open at 10:00 AM

Coaches Meeting: 12:00 PM

ORDER OF EVENTS (rolling schedule)

RUNNING EVENTS – 1:00 pm start

- Sprint Medley (200, 100, 100, 400)
- Distance Medley (1200, 400, 800, 1600)
- 100M Finals
- 1500M
- 400M
- 50M Dash (Fun run open to all athletes and spectators 6 and under)
- 4 X 100M
- 800M
- 200M Challenge
- 4 X 400M

FIELD EVENT – 12:30 start

- LONG JUMP (Youngest to oldest)
- SHOT PUT (Oldest to youngest)
- HIGH JUMP (Youngest to oldest)

4 events per athlete