



When: Friday, April 17th 1:00pm until Sunday, April 19th 5:00pm

Where: Any marked track. Old Orchard Junior High (OOJH) (9300 Kenton, Skokie) track is the preferred location. (QAS athletes must complete at this track to be eligible for QAS track record board).

What: 100m, 200m, 400m, 800m & 1600m

How does it work?

- 1.) Email me with the event(s) you want to run. THREE maximum.
- 2.) Run the desired event having an adult time and video you doing the event from start to finish. You can finish the events anytime from 1:00pm Friday, April 17th to 5:00pm Sunday, April 19th.
- 3.) Send in picture of timed result with video to julian.murphy@comcast.net
- 4.) Watch for results to be posted to QASRUNS.COM
- 5.) Medals awarded to top three places for each grade level and gender

**FOR THOSE WHO WANT TO DO THEIR EVENT(s)
AT OLD ORCHARD JUNIOR HIGH TRACK:**

I have setup a sign up genius for event scheduled times at Old Orchard Junior High. I am doing this so there are not groups of athletes at any one time. Please make sure to observe these time slots. Arrive about 20 minutes before the time slot you sign up for to WARM up.

SPIKE SHOES ARE ALLOWED on Old Orchard track

Sign up Genius link:

<https://www.signupgenius.com/go/4090548A8AC2CA64-friday>

NOTE: If you are a QAS athlete your time can count for the QAS record board but you must do it at OOJH and notify me that you are going for a record. I will be at your time slot to time and observe (from a safe social distance).