

2009 Chabot College Summer Track All Comer Meet Series

Where - Chabot College Track, Hayward (off Hesperian/Hwy 92)

Parking - Just off of Hesperian Blvd use Parking Lot B. [See Map](#)

Starting Time - 5:30 PM

Tuesdays - High School Athletes and Above. June 23, June 30, July 7, July 14 & 21. **Special Timed events for serious kids 8 to 14 years old see below**

Thursdays - kids up to 8th grade. Low key races with ribbons to all that run. June 25, July 9, July 16, July 23rd.

Tuesday Events - All field events except Javelin (may need to self officiate with other athletes) **Fully Automatic Timing. Events: 1500, 100HH, 110HH, 400, 100, 800, 200, 3200. Special Timed Events for kids ages 8 to 14 on Tuesdays - 1500, 100, 800, 200**

Thursdays - 4 x 100 relay, 50, 100, 200, 400, 800

This Summer Chabot College will offer a series of clinics for athletes interested in improving their sprinting, distance and middle distance running and pole vault.

Summer Track & Speed Training Courses

Offered Thru Chabot College Community Education

- **Sprint, Speed & Power Training for Sports** – Monday & Wednesday - June 22 to July 27th – 12 Classes - from 5:30 PM to 7 PM for \$60

- **Training for Middle and Long Distance & Cross Country** - Monday & Wednesday - June 22 to July 27th – 12 Classes - from 5:30 PM to 7 PM for \$60

- **Pole Vaulting for Beginners & Intermediates** – Tuesday's June 23 to July 28th – 10 am to 11:30 am for \$90

Taught by Chabot Coaches and former Collegiate Athletes

For more information contact Chabot College Community Education at 510-723-6665 or click on the link below to sign up.

http://chabot.augusoft.net/index.cfm?method=ClassListing.ClassListingDisplay&int_category_id=3&int_sub_category_id=17