

What is the 2017 Sam Spasojevich Summer Track Meet?

Let's face it. You love to run and you love to compete. If not, you never would have opened this brochure. The Sam Spasojevich Summer Track Meet is an opportunity for competitors of all ages to come together for the love of running, competition, and fun. Through this meet the GCHS Track and Field program hopes to develop a love for the sport throughout the state of Illinois and beyond. Have fun and good luck at this year's competition

Grant Community High School

285 E. Grand Ave.

Fox Lake, IL 60020

Contact

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2017 Sam
Spasojevich



Summer Track Meet

Presented by...GCHSTF

Grant Community High School

When:

Friday, June 30th, 2017

4:30-Registration

5:45-Running and Field Events begin

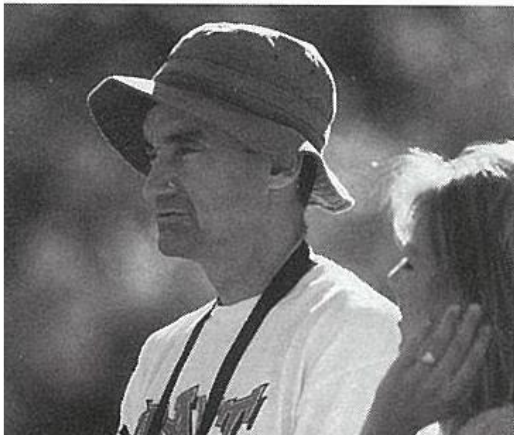
Admission is \$10 for unlimited entries in field and running events

Who

Ages 2-105

Celebrate track and field with us!





Sam Spasojevich

Coach Spasojevich's knowledge of and dedication to track and field are unmatched. The boys and girls program's success have truly been a byproduct of Coach Spasojevich's vision of the 2 programs working closely together and being sure to develop every athlete to his/her potential. Coach "Spaz" continues supporting the track program to this day by coming out to many meets each season and serving as a consultant to its coaches whenever they need advice.

A sampling of Coach Spaz's coaching achievements are:

Coached track @ Woodland Jr. High (1975-1979) and @ Grant HS (1980-2016). Boys' Head Coach 1983-2007. Girls' assistant coach 1980-81, 2008. 4 NWSC Championships (1985, 1987, 1991, 1992). NSC Division Champions 2004. Founded the NW Track Club (1982-1991) with esteemed cross country coach Jim Taylor in the Fall of 1981 to promote Track and Cross Country in the Community. Over Coach Spaz's illustrious career, he had the opportunity to coach over 20 state qualifiers.

To this day, Sam Spasojevich continues to give to the Grant Community High School track and field program and continues to promote the sport.

Meet Information

Competitive Age Groups:

2-3
4-5
6-7
8-10
11-13
14-18
19+

Running Events:

800m Ages 11+
25m Ages 2-3
55m Ages 4-10
25m Hurdles Ages 2-3
55m Hurdles Ages 4-10
100m Ages 11+
100m Hurdles Girls Ages 11+
110m Hurdles Boys Ages 11+
400m Ages 6+
1600m Ages 11+
200m Ages 6+
4X100m Relay

Field Events:

Long Jump (Ages 2+)
High Jump (Ages 6+)
Discus (Ages 11+)
Shot Put (Ages 2+)



FAQ

What do winners get?

All heat finishers get ribbons

Are races timed?

All races 100m or longer will be timed

Are t-shirts for sale?

T-shirts are for sale. They cost \$10

Is food going to be available?

The concession stand will be open.

Get Updates!

Text 81010 and put @sunrun2017 for more information

Contact Us

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Visit us on the Web:
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