



Free

# SUMMER TRACK & FIELD

## All Comer's Meets

A mix of sprints, distance, relays, throws, and jumps

### THURSDAYS @ U32

Starts @ 6pm | come early to warm up

7/9, 7/23, 8/6

7/16, 7/30

100m

100m

1,600m

3,200m

200m

200m

800m

600m

4x400

4x400

And join us:

August 21, 4-7:30pm @ Montpelier High School  
for a celebration event in honor of Nathan Suter  
with a track meet for all ages, food, and more!

[cvrunners.org](http://cvrunners.org)