

# **Tough Track Mile Race Day Information**

Start Lines for the 600, 1000 and Mile are Clearly Marked.

## **600m**

From Start to Finish **west curb south bound lane** on Columbia is closed to traffic from McGillivray to Columbia.

Traffic will use the median lane only from McGillivray to Columbia south bound during the event starting at 6:15 am.

**Volunteers will be situated to direct traffic at intersections.**

## **1000m and Mile**

For the Mile Every 100m is Marked on the Road Clearly in **Orange Paint**

Once again regarding the 600, 1000m and the Mile, the westbound curb lane will be coned off for the Race ( traffic will still be present on the median lane Westbound)

**Runners Must Keep to the West Bound Curb Lane.**

## **Final Schedule and Check in Procedure:**

**All Athletes are to Check in at the Check in Table (just past the Finish Line on Columbia at McGillivray South Side)**

Check in Table will Open at **7:15 am**, All athletes in all events **must check in at least 20 Minutes prior to their race start.**

All 600m Athletes need to be checked in by **7:45 am.**

600m athletes will be walked to the Start Line by the marshall (Andy Tough)

**\*\*\*Kindergarten and Younger Athletes will have Older Experienced Athletes on Course with them during the Race.\*\*\***

1000m Runners may check in anytime between 7:15 am and 8:15 am at the Check In Table (Just past The Finish Line on Columbia at McGillivray South Side)

1000m Runners will meet at the 1000m Start Line at Eglinton Crescent on Scurfield at 8:35 am Westbound curbside lane.

Mile Runners may Check in Anytime between **7:15 am and 8:45 am** at the Check In Table (Just Past The Finish Line on Columbia at McGillivray South Side)

**Mile Runners Must Report to the Start Line by 9:05 am on Fleetwood at Scurfield Westbound Curbside Lane.**

## **Schedule Of Events:**

**8:00 am 600m**

**Heat 1 2013 + Younger Girls/ 2013 + Younger Boys 2011  
+ 2012 Girls**

**Heat 2 2008/2009/2010 Girls**

**Heat 3 2008/2009/2010 Boys**

**Heat 4 2008/2009/2010 Boys**

**8:50 am 1000m Heat 1 2005/2006/2007**

**Heat 2 2005/2006/2007 Boys**

**9:15 Mile Heat 1 High School/Open Elite/Masters Women**

**Heat 2 High School/Open Elite/Masters Men**