

2010 DALLAS/FT. WORTH ALL-COMERS TRACK MEETS 27TH ANNUAL-DALLAS

Greenhill School

Addison, Texas

(Directions to Greenhill see inside)

Starting Tuesday, May 18

12TH ANNUAL-FT. WORTH TCU Campus - Lowden Track & Field Complex

Fort Worth, Texas

(Directions to TCU see inside)

Starting Thursday, May 20



www.lukeslocker.com

3607 Oak Lawn, Dallas, TX 75219
214/528-1290

Montgomery Plaza, 2600 West 7th Street, Ft. Worth, TX 76107
817/877-1448

River Oaks Center, 1953 West Gray Blvd, Houston, TX 77019
713/529-0786

5505 Colleyville Blvd, Ste. 120, Colleyville, TX 76034
817/849-1952

9595 Six Pines Drive, Suite 1060, The Woodlands, TX 77380
281/419-0326

The Shops at Legacy North, 5717 Legacy Road, Suite 180
Plano, Texas - 972/398-8660

LaCenterra At Cinco Ranch, 23501 Cinco Ranch Blvd., Suite J-100
Katy, Texas - 281/391-7880

Watters Creek at Montgomery Farm, 959 Garden Park Drive
Allen, Texas 75013 - 469/854-6244

Promotional Assistance by Adidas



2010 LUKE'S LOCKER ACTIVITIES AND TRAINING PROGRAMS MARK YOUR CALENDARS

LUKE'S FIT PROGRAMS FOR RUNNERS AND WALKERS OF ALL ABILITIES:

Train for a marathon...train for a half marathon...
...or join our introductory run or walk group training programs that will introduce you to fitness and a "new you" or get you ready for the Thanksgiving Turkey Trot or just get you fit!

Check with one of Luke's metroplex locations for an orientation near you.

LUKE'S FUN RUNS & WALKING GROUPS

Weekly - Tuesday, Wednesday, Thursday, Social training runs and walks (a.m. & p.m.).
Call your local Luke's for details regarding activities in your area.

2010 CROSS COUNTRY CAMPS

- Baylor CCC, Waco, TX - 7/11 - 7/16/2010
- DFW Silver, Univ. of Dallas, Irving, TX - 7/18 - 7/22/2010
- DFW Gold, Univ. of Dallas, Irving, TX - 7/26 - 7/30/2010

Contact Terry Jessup at (817) 845-5880 (evenings),
terryuoft@sbcglobal.net or Luke's

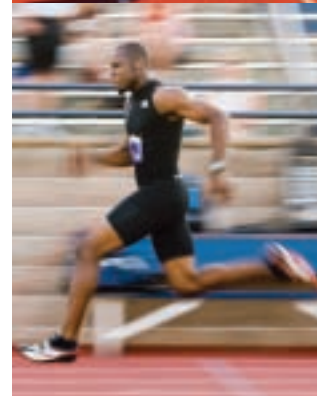
Dallas - 214/528-1290

Fort Worth - 817/877-1448

Colleyville - 817/849-1952

Plano - 972/398-8660

Allen - 469/854-6244



TCU - CO-SPONSOR OF THE FORT WORTH ALL-COMERS MEETS

Luke's welcomes the return of TCU as a co-sponsor of our Fort Worth All-Comers series. We encourage people to join us at the Lowden Track & Field Complex on the TCU Campus this year for the seven (7) scheduled meets. Luke's is delighted to have the use of this wonderful facility for our series.

The Lowdon track is located on the southwest corner of the TCU campus and serves as the backdrop to the southwest entry. The track was named as an "Outstanding" Track Complex by the United States Tennis Court and Track Builders Association in 2000. The Address is:

Lowdon Track Complex
3750 West Berry @ 3717 Bellaire Drive West
Fort Worth, TX 76129



SCHEDULE OF EVENTS

Registration: 5:30 p.m. on day of meets at Event sites, meets start promptly at 6:15 p.m. in Ft. Worth and Dallas

The Dallas events are always on Tuesday starting May 18.
The Ft. Worth events are on Thursday starting May 20.

May 18 (Greenhill-Addison) May 20 (TCU-Ft. Worth)	May 25 (Greenhill-Addison) May 27 (TCU-Ft. Worth)	June 1 (Greenhill-Addison) June 3 (TCU-Ft. Worth)	June 8 (Greenhill-Addison) June 10 (TCU-Ft. Worth)
Schedule A	Schedule B	Schedule A	Schedule B
6:15 High Hurdles	6:15 IM Hurdles	6:15 High Hurdles	6:15 IM Hurdles
6:30 Long Jump, High Jump	6:30 Long Jump, High Jump	6:30 Long Jump, High Jump	6:30 Long Jump, High Jump
6:35* 4x100 Relay	6:40* 1500 Meters	6:35* 4x100 Relay	6:40* 1500 Meters
6:50* 1 Mile	7:10* 100 Meters	6:50* 1 Mile	7:10* 100 Meters
7:25* 100 Meters	7:35* 800 Meters	7:25* 100 Meters	7:35* 800 Meters
7:50* 400 Meters	7:55* 200 Meters	7:50* 400 Meters	7:55* 200 Meters
8:05* 800 Meters	8:20 4x400 Relay	8:05* 800 Meters	8:20 4x400 Relay
8:30* 2 Mile Run & 1 Mile Walk	8:30* 3000 Meters Run & 1500 Meters Walk	8:30* 2 Mile Run & 1 Mile Walk	8:30* 3000 Meters Run & 1500 Meters Walk

June 15 (Greenhill-Addison) June 17 (TCU-Ft. Worth)	June 22 (Greenhill-Addison) June 24 (TCU-Ft. Worth)	June 29 (Greenhill-Addison) July 1 (TCU-Ft. Worth)
Schedule A	Schedule B	Schedule A
6:15 High Hurdles	6:15 IM Hurdles	6:15 High Hurdles
6:30 Long Jump, High Jump	6:30 Long Jump, High Jump	6:30 Long Jump, High Jump
6:35* 4x100 Relay	6:40* 1500 Meters	6:35* 4x100 Relay
6:50* 1 Mile	7:10* 100 Meters	6:50* 1 Mile
7:25* 100 Meters	7:35* 800 Meters	7:25* 100 Meters
7:50* 400 Meters	7:55* 200 Meters	7:50* 400 Meters
8:05* 800 Meters	8:20 4x400 Relay	8:05* 800 Meters
8:30* 2 Mile Run & 1 Mile Walk	8:30* 3000 Meters Run & 1500 Meters Walk	8:30* 2 Mile Run & 1 Mile Walk

*Approximate starting times. Please be warmed up and prepared to run as the events are announced. The events are listed in the order that they will be run. Event times are approximate.
PARTICIPANTS PLEASE FURNISH YOUR OWN STARTING BLOCKS AND BATONS.



Each event is open to all ages, abilities and sex. When there are sufficient participants, we will attempt to heat individuals generally according to comparable age, ability and sex.

ENTRY FEE: \$10.00 for Adults, \$8.00 for High School Students and Youth 12 and under \$5.00. For additional information contact LUKE'S in Dallas 214/528-1290, LUKE'S in Ft. Worth 817/877-1448, LUKE'S in Colleyville 817/849-1952, LUKE'S in Plano 972/398-8660 or LUKE'S in Allen 469/854-6244.

LOCATIONS: Greenhill School, 4141 Spring Valley Road, Addison, TX 75001-3683, 972/628-5400. Located on the north-west corner of Spring Valley and Midway Road. (See map below)

TCU Campus, Lowdon Track Complex, 3750 West Berry @ 3717 Bellaire Drive West, Fort Worth, TX 76129. The Lowdon track is located on the southwest corner of the TCU campus and serves as the back-drop to the southwest entry.

This series of meets is provided for the enjoyment of runners, joggers, walkers and track and field enthusiasts of all ages. Although the emphasis is on low-keyed participation, competition is encouraged. Spectators and volunteer timers, judges and

ALL-COMERS – WHY PARTICIPATE?

- All ages and ability levels are welcome and are encouraged to support each other.
- Improve your road race times with a weekly track workout - run faster 5K's & 10K's, Half-Marathon and Marathons next fall.
- Have fun! Meet people and improve and compete with yourself!
- Provide an atmosphere and opportunity for people not familiar with track and field participation to experience a totally different fitness activity from road racing.
- Don't be intimidated by your lack of track meet experience and/or foot speed - these meets are all about participation.
- Racewalkers and walkers welcome
- Children's Events (Special heats in certain events for kids 10 and under if numbers warrant)

