



# 19<sup>th</sup> Annual Nick Bottone Track Mile

## Westerly Track & Athletic Club

Many say it's the standard by which all runners are measured...

How fast can "YOU" run the mile?! Care to answer the question?

- Date:** Tuesday, July 16<sup>th</sup>, 2013
- Time:** 6pm; Registration begins at 5:30pm
- Location:** Westerly High School, 23 Ward Avenue, Westerly
- Distance:** All heats are 1-mile (4 laps), except children's heat.
- Heats:** Time heats:
- Children's heat (age 10 and under, 1/2 mile)
  - 8-minute pace
  - 7-minute pace
  - 6-minute pace
  - Masters (age 40 and over)
  - Feature Mile (fastest group)
- Timing:** Official results provided by SNERRO timing company
- Cost:** Free!
- Additional Info:** Web: <http://westerlytrackclub.org>  
E-mail: [info@westerlytrackclub.org](mailto:info@westerlytrackclub.org)