

ELIMINATOR 3000

Track Interval Challenge

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Handicapped

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Staggered Start
(minimal rest)

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800 m

700 m

600 m

500 m

400 m

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All Entrants start in the 800 m

Runners not eliminated progress to the 700 m and so on....

**The number of Runners eliminated per race is predetermined pending the
number of initial starters**

Only 4 Runners contest the Final 400 m

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Starts Tuesday 14 February '12

7:10 pm

then

the 2nd Tuesday of each month

Campbelltown Athletic Stadium

Everyone welcome