

South Puget Sound Track Festival

Hosted by: **Flying AJ's/Kitsap Flyers**

June 16, 2018 Meet starts at 8am

Mt. Tahoma Stadium

4634 S. 74th Street

Tacoma, WA 98409

**Meet Fee is a Flat \$20 for each Athlete
Absolutely No Day of Registration**

Registration Deadline is June 13th @ Midnight & All Entries are Final

Register at: <http://coacho.com/main/onlineentry/index.html>

Coaches, please visit Coach-O to obtain
a Performance List for Athlete Registration Confirmation

Event Website: www.spstrackfestival.com

We can be contacted at: SPSTRACK@YAHOO.COM

Concessions with healthy options will be available

Age Divisions:

6 & Under (MB): Born 2012 +

*Athletes must be 7 by Dec. 31, 2018

7 ó 8: Born 2010 - 2011

9 ó 10: Born 2008 ó 2009

11 ó 12: Born 2006 ó 2007

13 ó 14: Born 2004 -2005

15 ó 16: Born 2002 ó 2003

17 ó 18: Born 2000-2001

**Athletes born in 1999 are also eligible if they do not turn 19 on or before 7/29/2018*

Awards

Medals awarded for 1st – 3rd

Ribbons awarded for 4th – 8th



NO Spikes longer than ¼" will be permitted

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Meet Schedule

Time:	Event:	Age Group:
8:00am	80M Hurdles	11, 12
8:20am	100M Hurdles	13, 14
8:45am	100M(G)/110M(B) Hurdles	15 & Up
9:00am	100M Prelim.	6 & Under, 7 & Up
11:15am	1500M	7 & Up
12:45pm	100M Finals	7 & Up
1:15pm	400M	7 & Up
2:30pm	400M/200M Hurdles	15 & Up/13, 14
3:15pm	4x100M Relay	7 & Up
4:15pm	800M	7 & Up
5:30pm	200M	6 & Under, 7 & Up
6:15pm	4x400M Relay	7 & Up

Field events - 3 attempts only; no finals

<u>Long Jump (2 Pits)</u>	<u>Shot Put</u>	<u>High Jump</u>
8:30am 13, 14	8:00am 7, 8	8:30am 9, 10
9:30am 11, 12	9:00am 11, 12	9:30am 13, 14
10:30am 7, 8	10:00am 13, 14	10:30am 15, 16
12:00pm 9, 10	11:00am 15, 16	12:00pm 11, 12
1:30pm 17, 18	12:00pm 17, 18	1:30pm 17, 18
2:30pm 15, 16	1:00pm 9, 10	
3:30pm 6 & Under		
<u>Triple Jump</u>	<u>Discus</u>	<u>Turbo Jav./Javelin</u>
4:30pm 13 & Up	11:00am 17, 18	3:00pm 7, 8
	12:00pm 13, 14	3:30pm 9, 10
	1:00pm 11, 12	4:00pm 11, 12
	2:00pm 15, 16	4:30pm 13 & Up

MEET RULES

- *USATF age Divisions are based on the calendar year of birth.
- *Timed finals held in all events except 100M Dash; preliminary heats ran in the 100M if more than 8 athletes enter. If less than 8 athletes, preliminary is final. Top 8 times advance to finals. No Prelim for 6 & under.
- *11 - 12 age divisions & younger may only enter in 3 events (including relays).
- *13+ age divisions may enter in 4 events (including relays).
- *Events may start up to **1 hour** ahead of schedule. **Girls will start first.**
- ***No one without a Volunteer Badge** will be permitted on the field; this is to prepare athletes for the Junior Olympic Association meet the following weekend. Only Exception is 6 & under 100M & 200M Runs.
- ***Only Coaches** are allowed to pick-up team Registration Packets.