

PACWEST TRACK CLASSIC

Hosted by: Flying AJ's & Kitsap Fliers

July 14, 2018* Meet Starts at 8am*

Meet will be held at **FRANKLIN PIERCE H.S.STADIUM,**

11002 18th Ave E, Tacoma, WA 98445

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

Registration Deadline is July 11th @ Midnight & All Entries are Final

Register at: <https://coachregistration.com>

****Coaches Visit Coach-O to obtain a Performance List for Athlete
Registration Confirmation****

Event Website: www.pacwesttrack.com

We can be contacted at: pacwesttack@gmail.com

Age Divisions:

6 & Under (MB): Born 2012 +

7 – 8: Born 2010 - 2011

9 – 10: Born 2008 – 2009

11 – 12: Born 2006 – 2007

13 – 14: Born 2004 -2005

15 – 16: Born 2002 – 2003

17 – 18: Born 2000-2001

19-29 UP OPEN DIVISION

30- AND UP MASTERS DIVISION

****AWARDS****

MEDALS AWARDED FOR 1ST – 3RD

RIBBONS AWARDED FOR 4TH – 8TH

****NO Spikes longer than 1/4** will be permitted****

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	100 M Prelim	6 & Up - <i>Open</i>
11:00am	800 M	7 & Up- <i>Open</i>
12:30am	100 M Finals	7 & Up- <i>Open</i>
1:00pm	400M	7 & Up
2:30pm	4x100M Relay	7 & Up- <i>Open</i>
3:30pm	1500 M	7 & Up
4:30pm	200M	6 & Up - <i>Open</i>
5:00pm	4x400M Relay	7 & Up
5:30pm	3000	13 & Up - <i>Open</i>

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 & <i>Open</i>	12:00pm	17, 18 & <i>Open</i>	1:30pm	17, 18 & <i>Open</i>
2:45pm	15, 16	1:00pm	9, 10		
4:15pm	6 & Under				
<u>Triple Jump</u>		<u>Discus</u>		<u>Turbo Jav./Javelin</u>	
4:30pm	13 & Up & <i>Open</i>	11:00am	17, 18	2:00pm	7, 8
		12:00pm	13, 14	2:45pm	9, 10
		1:00pm	11, 12	3:30pm	11, 12
		2:00pm	15, 16	4:15pm	13 & Up & <i>Open</i>

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.