

Rainier Beach Track Club

17th Annual Track Meet

@Rainier Beach High School Track
8815 Seward Park South Seattle WA 98118

Join us at the Rainier Beach Track Club annual track meet at Rainier Beach High School track on Saturday, **May 5th** from 8:30 am to 6:00 pm. Youth ages 5 thru 18 eligible to participate. Rainier Beach High School track surfaces are rubberized, all weather surfaces. Spikes longer than ¼ inch not permitted. **Electronic timing will be provided.**

Track events may begin up to sixty (60) minutes ahead of schedule.
Please arrive early for your event.

All athletes and teams must register at **Coacho.com** **Deadline for registration is midnight Wednesday May 2.** Questions: Contact Coach Vic at 206 331-5529 or rainierbeachtrackclub@gmail.com **e-register at Coacho.com**

Cost: \$15 per participant*

No day of registration!!!!

(*3 event limit 11-12 and under; 4 events 13-14 and older)

Ribbons awarded to top eight contestants.

Parking Limited. Do not Park in Fire lanes.



Rainier Beach 17th Annual Invitational Track Meet

Schedule of Events May 5, 2018

| Time | Event | Age Group |
|--------------|--|------------------------|
| 8:30 | 1500 run | 7-8 and older |
| 9:30 | Hurdles (80M, 100M, 110M) | 11-12 and older |
| 10:00 | 100M Prelims | 5-6 and older |
| | (Timed final if less than 8 in preliminary heat) | |
| 12:00 | 50M | 5-6 ONLY |
| 12:30 | 400M | 7-8 and older |
| 2:00 | 100M Finals | 9-10 and older |
| 2:30 | 800M | 7-8 and older |
| 3:45 | 4x100 | 7-8 and older |
| 4:15 | 200M | 7-8 and older |
| 6:00 | 4x400 | 9-10 and older |

ALL EVENTS ARE TIME FINALS EXCEPT THE 100 METERS FOR Age 9-10 and older

FIELD EVENTS

| EVENT | TIME | AGE GROUP |
|-------------------|-----------------------|-------------------------------|
| LONG JUMP | 9:00 – 10:30 | 5-6 |
| | 10:30 - 12:00 | 7-8 |
| | 12:30 - 2:00 | 9-10 |
| | 2:00 - 3:30 | 11 and older |
| | (Two pits to be open) | |
| HIGH JUMP | 2 - 3:30 | 9 and older |
| SHOT | 9 - 10:30 | 7-8 thru 11-12 (warmup @8:30) |
| | 10:30 - 11:30 | 13-14 and older |
| DISCUS | 11:30 - 12:30 | 11-12 and older (warmup @ 11) |
| TURBOJAV | 1 - 2 | 7-8, 9-10 (warmup at 12:30) |
| Finn Flyer | 2 - 3 | 11-12 |
| Javelin | 3 - 4 | 13-14 and older |

Competitors shall complete all attempts during the scheduled time.

Track events may run up to 60 minutes ahead of schedule.