



BREMERTON TRACK MEET

June 4, 2016

Memorial Stadium
1500 13th Street, Bremerton, WA 98312

Awards: Individual events: 1st – 8th and Relay teams: 1st – 3rd. Participation ribbons will be given to all competitors

Registration: \$15 per participate and \$20.00 for each relay. [Click here to register](#)
Deadline for registration is Tuesday, May 31, 2016 (at 11:59pm). No refunds will be given.

Meet Rules: USATF age division based on birth year. Memorial Stadium track surfaces are rubberized, all weather surfaces. Spikes longer than ¼ inch are not permitted. 3 events: 11-12 and under including relays.
4 events: 13-14 and up.

Concessions: Will be available

Questions: David Nelson: (360) 536-0543 or email heynels@gmail.com

Event Schedule updated 5/24/16

TIME	EVENT	AGE DIVISION
8:00	3000m	9-10 and older
8:30	Hurdles (80m, 100m)	11-12 and older
9:00	100 meter Prelims (5-6 final) <small>(timed finals if less than 8 in preliminary heat)</small>	5-6 and older
10:30	1500 meters	9-10 and older
11:30	100 meter final	7-8 and older
Noon	50 meters	5-6 only
12:15	Lollipop Race (50m)	(For siblings 4 & under)
12:30	400 meters	7-8 and older
1:30	4x100	7-8 and older
2:00	800 meters	7-8 and older
3:00	200 meters <small>(No finals; ribbons to every heat)</small>	7-8 and older
3:45	Sprint Relay Medley (100,100,200,400)	9-10 and older
ALL EVENTS ARE TIMED FINALS EXCEPT THE 100 METERS FOR 7-8 AND OLDER TOP 8 TIMES ADVANCE TO FINALS EVENTS MAY RUN UP TO ONE HOUR AHEAD OF SCHEDULE		

FIELD EVENTS (Jumps 3 attempts / Throws: 4 attempts)

<u>High Jump</u> 12:30 (9-10) 1:30 (11-12) 2:30 (13-14) 3:30 (15 and up)	<u>Long Jump</u> 8:30 (9-10) 10:00 (5-6) 10:30 (7-8) 11:15 (11-12) 11:45 (13-14) 12:15 (15 and up)	<u>Discus</u> 12:00 (11-12) 1:00 (13-14) 2:00 (15 and up)	<u>Shot Put</u> 9:00 (13-14) 9:30 (11-12) 10:30 (9-10) 11:30 (7-8)
	<u>Javelin</u> 3:00 (13 and up)	<u>Turbo Javelin</u> 1:00 (7-8) 2:00 (9-10, 11-12)	