



5th ANNUAL XTREME TWILIGHT

TRACK & FIELD MEET

June 10th, 2017

FRENCH FIELD, KENT MERIDIAN HIGH SCHOOL
10020 SE 256th ST, Kent, WA 98030



Coach's hospitality will be provided!

AWARDS:

- Medals for 1st – 3rd place and ribbons for 4th – 8th!
- “Legacy Award” presentation honoring a past and present track and field contributor.
- Lollipop Race for ages 4 & under.

FACILITIES:

- **Electronic timing** for all track events. All results will be published on **Athletic.net**.
- French Field has a synthetic track and runways.
- Spikes should be no longer than ¼”.
- No food or drink to be consumed on the track & field (water only allowed).
- A concession stand will be available for most of the meet.
- Covered stands.
- Infield warm up area.
- Starting blocks available.

MEET RULES:

- Events will be judged according to USA Track & Field standards.
- USATF age division rules (athlete's age as of 12/31/17).
- Maximum of 4 events for athletes 13 and older. All others a maximum of 3 events (including relays).
- 4 Throws/jumps in Shot Put, Long Jump, Discus, Turbo Javelin and Javelin.
- **All running events may begin up to 1 hour ahead of schedule.** Please arrive early.

REGISTRATION & FEES:

All athletes must be pre-registered and pre-paid via [Athletic.Net](https://www.athletic.net) by **11:59pmt** on **Wednesday, June 7th**. There will be **NO LATE OR DAY OF EVENT REGISTRATION**. Entry fee is a **flat fee of \$20.00 per athlete**. No refunds.

CONTACTS: Meet Director – Rob Thomas rob2deuce@aol.com, (206) 240-4423

On-line registration at <https://www.athletic.net/TrackAndField/MeetResults.aspx?Meet=315871#/register>

SCHEDULE OF EVENTS

TIME	EVENT	AGE GROUP
9:00	80MH / 100MH	11/12
9:30	100M Semi-Finals	5/6 – 11/12
10:45	800M	5 & up
11:15	50M	5/6
11:30	100M Finals	7/8 - 11/12
11:45	50M Lollipop	4 & under
12:00	4 x 100M Relay	11/12 & under
12:30	400M	11/12 & under
1:15	1500M	7/8 – 11/12
2:00	200M	11/12 & under
2:30	4 x 400M Relay	5 & up

AFTERNOON SESSION 13 & OLDER

TIME	EVENT	AGE GROUP
3:30	3000M	11 & up
4:00	100MH/110MH	13 & up
4:30	100 Semi-Finals	13 & up
5:15	800M	13 & up
5:45	100M Finals	13 & up
6:15	400MH/200MH	15-18/13&14
6:45	4x100M Relay	13 & up
7:00	400M	13 & up
7:30	1500M	13 & up
8:00	200M	13 & up
8:50	4x400M Relay	13 & up

ALL EVENTS ARE TIME FINALS EXCEPT THE 100 METERS FOR 7/8 AND UP

FIELD EVENTS

MORNING SESSION (12 & UNDER)

TIME	EVENT	AGE GROUP
10:00	Long Jump	9 & 10
10:00	High Jump	11 & 12
10:00	Shot Put	8 & Under
11:00	Shot Put	9 & 10
11:00	Turbo Jav	11 & 12
11:30	Long Jump	11 & 12
11:30	High Jump	9 & 10
12:00	Shot Put	11 & 12
1:00	Long Jump	8 & Under
1:30	Turbo Jav	9 & 10
2:30	Turbo Jav	8 & under

AFTERNOON SESSION (13 & OLDER)

TIME	EVENT	AGE GROUP
3:00	High Jump	13 & 14
3:00	Javelin	13 & up
3:00	Long Jump	15 & 16
4:30	High Jump	15 & 16
4:30	Long Jump	17 & 18
5:00	Shot Put	13 & 14
5:00	Discus	17 & 18
5:30	Long Jump	13 & 14
5:30	High Jump	17 & 18
6:30	Triple Jump	13 & 14
7:30	Triple Jump	15 & up
6:00	Discus	13 & 14
7:00	Shot Put	17 & 18
7:00	Discus	15 & 16

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