

Rainier Beach Track Club

15th 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 7th** from 8:30 am to 5:00 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 4** Questions: Contact Mike Toutant at 206 769-4240 or miketoutant@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.



Rainier Beach 15th Annual Invitational Track Meet

Schedule of Events May 7, 2016

Time	Event	Age Group
8:30	1500 run	Age 7& 8 and older
9:30	Hurdles (80M, 100M, 110M)	11-12 and older
10:00	100M Prelims (Timed final if less than 8 in preliminary heat)	Ages 5-6 and older
11:30	50M (no finals)	Age 5-6 only
12:00	400M time final	Age 7-8 and older
1:30	100M Finals	Age 9-10 and older
2:00	800M	Age 7-8 and older
3:00	4x100	Age 7-8 and older
3:30	200M	Age 7-8 and older
5:00	4x400	Age 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	Age 5-6
	10:30-12:00	Age 6-7
	12:30-2:00	Age 9-10
	2:00- 3:30	Age 11 and older
	(Two pits to be operated)	
HIGH JUMP	2 to 3:30 pm	9 and older
SHOT	9 am-10:30	Age 7-8 thru 11-12
	10:30-11:30	Age 13-14 and older
DISCUS	11:30 to 12:30pm	Age 11-12 and older (warmup @ 11am)
TURBOJAV	1 to 2:30 pm	7-8, 9-10, 11-12 (warmup @12:30) (Finn flyer ok. No ribbons awarded)
JAVELIN	2:30 to 3:30 pm	Age 13-14 and older

Competitors shall complete all attempts during the scheduled time.

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