

South Puget Sound Track Festival

Hosted by: ***Flying AJ's*** / ***Hill & Valley TC*** / ***Kitsap Flyers***

June 17, 2017 Meet Starts at 8am*

Meet will be held at **Mt. Tahoma Stadium**, Located at:
4634 S. 74th Street
Tacoma, WA 98409

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

Registration Deadline is June 14th @ Midnight & All Entries are Final

Register at: <http://coacho.com/main/onlineentry/index.html>

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

Event Website: www.spstrackfestival.com

We can be contacted at: SPSTRACK@YAHOO.COM

Concessions with Healthy Options will be Available!!!

** Souvenir T-Shirt, Photography, and
Other Vendors will be On Site **

Age Divisions:

6 & Under (MB): Born 2011 +

7 □ 8: Born 2009 - 2010

11 □ 12: Born 2005 □ 2006

15 □ 16: Born 2001 □ 2002

*Athletes born in 1997 are also eligible if they
do not turn 19 on or before 7/22/2017

*Athletes must be 7 by Dec. 31, 2017

9 □ 10: Born 2007 □ 2008

13 □ 14: Born 2003 -2004

17 □ 18: Born 1999 -2000

****Awards****

Medals awarded for 1st – 3rd
Ribbons awarded for 4th – 8th



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

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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	100M Prelim.	6 & Under, 7 & Up
11:15am	1500M	7 & Up
12:15pm	100M Finals	7 & Up
1:00pm	400M	7 & Up
2:15pm	400M/200M Hurdles	15 & Up/13, 14
3:15pm	4x100M Relay	7 & Up
4:00pm	800M	7 & Up
4:45pm	200M	6 & Under, 7 & Up
5:30pm	4x400M Relay	7 & Up

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

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.