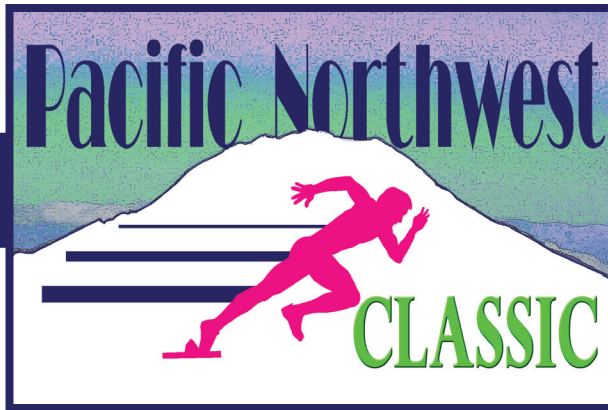


updated June 28



PACIFIC NORTHWEST CLASSIC TRACK & FIELD MEET

- Hosted by:** FLYING AJS & KITSAP FLIERS
- Date:** July 15, 2017
- Time:** Meet Starts at 8 AM (Events may run up to 1 hour ahead)
- Entry Fee:** \$3.00 for 18 and up (1/3 of the profits will go to a Track Scholarship)
- Location:** Mt. Tahoma Track, 4634 S. 74th Street, Tacoma, WA 98409
- Meet Fee:** \$20.00 Flat Fee (3 Events)
- Registration:** coachoregistration.com **NO DAY OF MEET REGISTRATION**
- Deadline:** July 13th at Noon All Entries are Final
** Coaches please visit Coach-O to obtain a Performance List for Athlete Registration and Confirmation
- Website:** <http://pacwestclassic.com/>
- Email:** ajstrackandfield@aol.com



Age Divisions

- 6 & Under (MB) - Born 2011+
- 7-8 Born 2009-2010 *Athletes Must be 7 by Dec.31, 2017
- 9-10 Born 2007-2008
- 11-12 Born 2005-2006
- 13-14 Born 2003-2004
- 15-16 Born 2001-2002
- 17-18 Born 1999-2000
- 19-29 Open
- 30-UP Masters and older in five (5) year divisions (e.g.30-34, 35-39, 40-44, etc.)



updated June 28

PACIFIC NORTHWEST CLASSIC TRACK & FIELD MEET

Meet Schedule

Time:	Event:	Age Group:
8:00 am	80M Hurdles	11, 12 only
8:20 am	100M Hurdles	13, 14 only
8:45 am	100M(G)/110M(B) Hurdles	15 & 18 only
9:00 am	100M Prelim.	All Ages
11:30 am	1500M	All Ages
12:45 pm	100M Finals	All Ages
1:30 pm	400M	All Ages
2:45 pm	400M/200M Hurdles	15 & Up/13, 14 only
3:15 pm	4x100M Relay	All Ages
4:00 pm	800M	All Ages
4:45 pm	200M	All Ages
5:30 pm	4x400M Relay	All Ages

Long Jump (2 Pits)	Shot Put	High Jump
8:00 am 13, 14	8:00 am 11, 12	8:30 am 9, 10
9:00 am 11, 12	9:00 am 13, 14	9:30 am 13, 14
10:00 am 7, 8	10:00 am 17, 18	10:30 am 15, 16
11:00 am 9, 10	11:00 am 7, 8	11:30 am 11, 12
12:00 pm 17, 18 & Up	12:00 pm 9, 10	1:00 pm 17, 18
1:30 pm 15, 16	1:00 pm 15, 16	
2:30 pm 6 & Under		
Triple Jump	Discus	Turbo Jav/Javelin
3:30 pm 13 & Up	9:00 am 15, 16	1:00 pm 7, 8
	10:00 am 11, 12	2:00 pm 9, 10
	11:00 am 13, 14	3:00 pm 11, 12
	12:00 pm 17, 18	4:00 pm 13 & 18 Only

*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.

*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

*Open & Masters Events will be 100, 200, 400, 800, 1500, Relays, LJ & Triple Jump

