

## **Rainier Beach Track Club's 22nd Annual Track Meet**

@West Seattle Stadium - 4432 35th Ave SW, Seattle, WA 98126  
SUNDAY, 5/4/2024, starts at 8:30am

Join us for Rainier Beach Track Club's annual track meet at West Seattle Stadium. Youth ages 5 thru 18 are eligible to participate unattached or with a club. Field events and running events offered. 3 attempts for throws/jumps. Girls go first in running events. **\*\*Some distance races and relay races may combine heats/gender\*\***

Please use 1/4 inch spikes only. Blocks required for 15 and older in sprint races

### **Automatic timing and electronic starting system will be provided**

Track events may begin up to 30 minutes ahead of schedule. Please arrive early for your event. Schedule may slightly change after registration closes & entry #'s are confirmed.

All athletes and teams must register at Athletic.net. **Deadline for registration is 11:59pm Wednesday, April 30th.** All running events will be timed finals, enter a seed time if possible. E-register [at Athletic.net](https://athletic.net) Cost: \$9 per event, \$27 per relay. No day of registration!!!!

Questions: Contact Coach Vic at 206 331-5529 or [rainierbeachtrackclub@gmail.com](mailto:rainierbeachtrackclub@gmail.com)

(\*3 event limit 11-12 and under; 4 events 13-14 and older) Ribbons awarded to top eight contestants. Athletes will wear a bib # and hip numbers.

Parking is limited. Do not Park in Fire lanes. Seek street parking when stadium is full.

### Community Partners



**Rainier Beach 22nd Annual Invitational Track Meet  
Schedule of Events May 4th, 2025**

**RUNNING EVENTS - report to staging area**

<b>Time</b>	<b>Event</b>	<b>Age Group</b>
<b>8:30</b>	<b>1500M</b>	<b>7-8 and older</b>
<b>9:45</b>	<b>100M</b>	<b>5-6 and older</b>
<b>11:45</b>	<b>50M</b>	<b>5-6 ONLY</b>
<b>12:00</b>	<b>4X100 relay</b>	<b>7-8 and older</b>
<b>12:30</b>	<b>400M</b>	<b>7-8 and older</b>
<b>2:15</b>	<b>800M</b>	<b>7-8 and older</b>
<b>3:45</b>	<b>200M</b>	<b>7-8 and older</b>

**ALL EVENTS ARE TIME FINALS - Enter a seed time if possible**

**FIELD EVENTS- check in at event location**

<b>Event</b>	<b>Time</b>	<b>Age Group</b>
<b>Long Jump</b>	<b>8:30-9:30</b>	<b>5-6</b>
	<b>9:30-10:45</b>	<b>7-8</b>
	<b>10:45-12:30</b>	<b>9-10</b>
	<b>1:00-2:30</b>	<b>11-12</b>
	<b>2:30-3:45</b>	<b>13 and older</b>
<b><u>Two Long jump pits open, only coaches on the infield</u></b>		
<b>Shot Put</b>	<b>9-10:30</b>	<b>7-8, 9-10, &amp; 11-12</b>
	<b>10:30-11:30</b>	<b>13 and older</b>
<b>Discus</b>	<b>11:45-12:45</b>	<b>11 and older</b>
<b>Turbo Jav</b>	<b>1:00-2:00</b>	<b>7-8</b>
	<b>2:00-3:15</b>	<b>9-10</b>
<b>Finn Flyer</b>	<b>3:15-4:00</b>	<b>11-12</b>

\*no high jump this year and no hurdles this year

\*for safety, no metal javelin and we wont throw on the main field.