



NIKE/XTREME CHRISTAL JOHNSON MEMORIAL MEET

June 17th, 2023

FRENCH FIELD STADIUM, KENT MERIDIAN HIGH
SCHOOL

10020 SE 256TH ST, KENT, WA 98030



Sponsored by

GEAR UP SPORTS/NIKE TEAM!!!



AWARDS:

- Medals for 1st – 3rd place and ribbons for 4th – 8th!
- FREE Lollipop Race for ages 4 & under.
- **NIKE PRIZES for 1st PLACE in the NIKE/CHRISTAL JOHNSON 400M!**

FACILITIES:

- **Electronic timing** for all track events. All results will be published **LIVE** 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 12/31/23) **plus** a 5/6 age division in some events.
- 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 2 hours 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 14th**. There will be **NO LATE OR DAY OF EVENT REGISTRATION**. Entry fee is a **flat fee of \$25.00 per athlete**. No refunds.

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

On-line registration at <https://www.athletic.net/TrackAndField/meet/480887/register>

SCHEDULE OF EVENTS

TIME	EVENT	AGE GROUP
8:00am	3000M	11/12 & up
8:30am	80MH	11/12
	100MH/110MH	13 & up
9:00am	100M Semi-Finals	5/6 & up
12:00pm	800M	7/8 & up
1:15pm	100M Finals	7/8 & up
2:00pm	50M	5/6
2:15pm	4 x 100M Relay	7/8 & up
3:00pm	400M	7/8 & up
4:15pm	50M Lollipop	4 & under
4:30pm	400MH/200MH	15-18/13&14
5:15pm	200M	7/8 & up
6:00pm	1500M	7/8 & up
7:00pm	4 x 400M Relay	7/8 & up

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

FIELD EVENTS

<u>LONG JUMP</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
12:00pm	9/10	11:00am	15/16	12:00pm	11/12
1:30pm	17 & up	12:00pm	17 & up	1:30pm	17 & up
2:30pm	15/16	1:00pm	9/10		
3:30pm	6 & under				
<u>TRIPLE JUMP</u>		<u>DISCUS</u>		<u>JAVELIN/TURBO</u>	
4:30pm	13/14 & up	9:00am	15/16	2:00pm	7/8
		10:00am	17 & up	2:30pm	9/10
		11:00am	11/12	3:00pm	11/12
		12:00pm	13/14	4:00pm	13 & up
		<u>POLE VAULT</u>			
		11:00am	13 & up		

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