



CLIFF NIXON INVITATIONAL TRACK MEET
SATURDAY, JUNE 3RD, 2023
EVENT GUIDE



LOCATION

- Lake Washington High School Track, 12033 NE 80th St, Kirkland, WA 98033

AWARDS

- 1st place finishers in each event except relays will receive a complimentary "Champion" t-shirt
- Individual events- Medals 1st, 2nd and 3rd place. Ribbons 4th – 8th place.
- Relay events- Medals 1st place only. Ribbons for 2nd and 3rd place.

FACILITIES

- The stands are not covered. No tent set up allowed in front of the press box.
- The track infield will be used for warm-ups.
- Spikes should be no longer than 1/4".
- Athletes cannot consume food or liquids other than water on the track & field.

MEET RULES

- Events will be judged according to USATF standards.
- Track events electronically timed.
- USATF age division rules (athlete's age as of 12/31/22).
- Maximum of four (4) events (including relays) for age groups 13/14 and older.
- Maximum of three (3) events (including relays) for age groups 11/12 and younger.
- Starting blocks and field equipment will be available.
- Four (4) attempts per field event. No finals. All field events will be measured in metric units.
- Check-in for field events at event location. Track event warm-up and check-in on in-field.
- Track events may begin up to sixty (60) minutes ahead of schedule.
- **COACHES AND SPECTATORS ARE NOT ALLOWED ON THE TRACK OR INFIELD.**
- **There will be live results.**

REGISTRATIONS & FEES

- Entry fee is \$20 per athlete
- NO LATE OR DAY OF EVENT REGISTRATION. NO REGISTRATION CHANGES PERMITTED.
- All athletes must be pre-registered via Athletic.net
- **Meet Registration deadline: June 1st, 2023 11pm PST**
- Registration will require the full birthdate for each athlete. USATF number not required.
- Registration and payment by credit card will be managed through Athletic.net.
- No substitutions for athletes.
- No refunds for athletes who cannot attend.
- Unattached athletes are welcome to register through Athletic.net.

Meet Director: nicholas.dejarlais@me.com



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SCHEDULE OF EVENTS



TIME	EVENT	AGES
8:00 AM	200m Hurdles	13-14 ONLY
8:30 AM	400m Hurdles	15-16+
9:00 AM	3000m (2 heats: girls, then boys)	11-12+
9:45 AM	Lollipop Race	5-6
10:00 AM	200m	5-6+
12:00 PM	800m	7-8+
1:30 PM	4x100m Relay	7-8+

Field Events – 4 Attempts ONLY, No Finals

Athletes will check in at event location.

If field event conflicts with running event, athlete must check out with field event judge to be excused.
 Athletes will have 15 minutes to return to complete field event following race.

<u>HIGH JUMP</u>		<u>LONG JUMP</u>	
10:00 AM	11-12	8:30 AM	13-14
10:45 AM	9-10	9:30 AM	11-12
11:30 AM	13-14+	11:30 AM	15+
<u>SHOT PUT</u>		<u>JAVELIN</u>	
8:00 AM	7-8	8:00 AM	13-14+
8:45 AM	9-10	9:00 AM	7-8
9:45 AM	13-14+	9:45 AM	11-12
11:00 AM	11-12	11:15 AM	9-10

Thank you for joining us! We hope you have a great meet!

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