

2ND Annual
CLIFF NIXON INVITATIONAL
TRACK MEET
JUNE 4, 2022



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 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 not be used for warm-ups, except for Hurdle events. Warm-up outside the stadium.
- 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, excluding the 3000m race.
- USATF age division rules (athlete's age as of 12/31/22).
- Top eight (8) times 100m preliminary races advance to finals.
- 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. Hurdle 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.**

REGISTRATION & 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: [2nd Annual Cliff Nixon Invitational - Registration - Track & Field Meet \(athletic.net\)](https://athletic.net/2nd-Annual-Cliff-Nixon-Invitational-Registration-Track-Field-Meet)
- **Meet Registration deadline: June 1st, 2022 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: ckcollier@hotmail.com



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SCHEDULE OF EVENTS



ALL EVENTS ARE TIMED FINALS UNLESS OTHERWISE NOTED

ORDER OF EVENTS: Youngest to oldest, Girls then Boys in each age group.

8:30 AM	3000m (2 heats. Girls, then boys)	11-12+	Hand-timed
9 AM	80m/100m/110m Hurdles	11-12+	Check-in on in-field
9:30 AM	100m Finals	5-6 only	
9:45 AM	100M Prelims*	7-8+	Top 8 times advance to Finals.
	50m Lollipop Race	4 & under	No pre-registration required
12:30 PM	1500M	7-8+	
2 PM	4X100M Relay	7-8+	
2:45 PM	400M	7-8+	
4:15 PM	100M Finals	7-8+	
4:45 PM	400M Hurdles	15-16+	Check-in on in-field
5 PM	200M Hurdles	13-14 only	
5:15PM	800M	7-8+	
6:00PM	200M	5-6+	
7:00PM	"Lester Jackson" 4x400m Relay	7-8+	

Field Events– 4 Attempts Only. No Finals.

Athletes will check-in at event location for field events.

If field event time conflicts with running event, athlete must check-out with field event judge to be excused for running event.

Athletes will have 15 minutes to return to complete field event following race.

<u>Discus</u>	<u>Javelin</u>	<u>Shot Put</u>
12:45 PM 11-12 and up	9:45 AM 11:15 AM 12 PM 12:45 PM 13-14 and up 7-8 11-12 9-10	9 AM 9:45 AM 11:15 AM 12 PM 13-14 and up 7-8 11-12 9-10
<u>Long Jump</u>	<u>High Jump</u>	<u>Triple Jump</u>
9 AM 10 AM 11 AM 12 PM 1 PM 2 PM 9-10 11-12 15-16 and up 5-6 13-14 7-8	11:15 AM 12:45 PM 1:30 PM 13-14 and up 11-12 9-10	3 PM 13-14 and up

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

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