

Rainier Beach Track Club's 20th Annual Track Meet

@West Seattle Stadium - 4432 35th Ave SW, Seattle, WA 98126
SUNDAY, 5/7/2023, 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. If there are a large # of entries in an event, we may adjust the schedule.

****Some distance races and relay races may combine heats****

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

electronic timing will be provided

Track events may begin up to sixty (60) minutes ahead of schedule. Please arrive early for your event. Last year we were 45 mins ahead of schedule at the end of the meet.

All athletes and teams must register at Athletic.net **Deadline for registration is midnight Thursday May 4th.** <https://www.athletic.net/TrackAndField/meet/497755/register>

Questions: Contact Coach Vic at 206 331-5529 or rainierbeachtrackclub@gmail.com

e-register [at Athletic.net](#) Cost: \$20 per participant* No day of registration!!!!

(*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.



**Rainier Beach 20th Annual Invitational Track Meet
Schedule of Events May 7th, 2023**

RUNNING EVENTS

Time	Event	Age Group
8:30	1500M run	7-8 and older
9:30	100M prelims (timed final if less than 8 in prelim heat)	5-6 and older
11:00	50M	5-6 ONLY
11:30	4X100 relay	7-8 and older
12:00	400M	7-8 and older
1:30	100M Finals	9-10 and older
2:00	800M	7-8 and older
3:30	200M	7-8 and older

ALL EVENTS ARE TIME FINALS EXCEPT THE 100 METERS FOR Age 9-10 and older

FIELD EVENTS

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

*no high jump this year and no hurdles this year

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