



NIKE/XTREME CRISTAL JOHNSON MEMORIAL MEET

June 8th, 2019

AUBURN MEMORIAL STADIUM, AUBURN HIGH SCHOOL
601 4TH ST NE, AUBURN, WA 98002



Sponsored by

GEAR UP SPORTS/NIKE TEAM!!!



AWARDS:

- Medals for 1st – 3rd place and ribbons for 4th – 8th!
- “Legacy Award” presentation honoring a past and present track and field contributor.
- 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 on **Athletic.net**.
- Auburn Memorial Stadium 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 12/31/18).
- 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 1 hour ahead of schedule.** Please arrive early.

REGISTRATION & FEES:

All athletes must be pre-registered and pre-paid via Athletic.Net by **11:59pmt on Wednesday, June 5th**. There will be **NO LATE OR DAY OF EVENT REGISTRATION**. Entry fee is a **flat fee of \$20.00 per athlete**. No refunds.

CONTACTS: Meet Director – Rob Thomas rob2deuce@aol.com, (206) 240-4423

On-line registration at <https://www.athletic.net/TrackAndField/meet/373953/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
11:30am	800M	7/8 & up
12:30pm	100M Finals	7/8 & up
1:15pm	50M	5/6
1:30pm	4 x 100M Relay	7/8 & up
2:15pm	400M	7/8 & up
3:30pm	50M Lollipop	4 & under
3:45pm	400MH/200MH	15-18/13&14
4:30pm	200M	7/8 & up
5:15pm	1500M	7/8 & up
6:15pm	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		

All running events may begin up to 1 hour ahead of schedule.