

# Rainier Beach Track Club

## 18<sup>th</sup> Annual Track Meet

**@Rainier Beach High School Track**  
8815 Seward Park South Seattle WA 98118

Join us at the Rainier Beach Track Club annual track meet at Rainier Beach High School track on Saturday, **May 4<sup>th</sup>** from 8:30 am to 6:00 pm. Youth ages 5 thru 18 eligible to participate. Rainier Beach High School track surfaces are rubberized, all weather surfaces. 3 attempts for throws. Girls go first in running events. Spikes longer than ¼ inch not permitted.

**electronic timing will be provided.**

**Track events may begin up to sixty (60) minutes ahead of schedule.**  
**Please arrive early for your event.**

All athletes and teams must register at **Coacho.com** **Deadline for registration is midnight Wednesday May 1.** Questions: Contact Coach Vic at 206 331-5529 or [rainierbeachtrackclub@gmail.com](mailto:rainierbeachtrackclub@gmail.com) **e-register at Coacho.com**

**Cost: \$15 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.

Parking Limited. Do not Park in Fire lanes.



# Rainier Beach 18<sup>th</sup> Annual Invitational Track Meet

## Schedule of Events May 4, 2019

<b>Time</b>	<b>Event</b>	<b>Age Group</b>
<b>8:30</b>	<b>1500 run</b>	<b>7-8 and older</b>
<b>9:30</b>	<b>Hurdles (80M, 100M, 110M)</b>	<b>11-12 and older</b>
<b>10:00</b>	<b>100M Prelims</b> (Timed final if less than 8 in preliminary heat)	<b>5-6 and older</b>
<b>12:00</b>	<b>50M</b>	<b>5-6 ONLY</b>
<b>12:30</b>	<b>400M</b>	<b>7-8 and older</b>
<b>2:15</b>	<b>100M Finals</b>	<b>9-10 and older</b>
<b>2:45</b>	<b>800M</b>	<b>7-8 and older</b>
<b>4:00</b>	<b>4x100</b>	<b>7-8 and older</b>
<b>4:30</b>	<b>200M</b>	<b>7-8 and older</b>
<b>6:00</b>	<b>4x400</b>	<b>9-10 and older</b>

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

## FIELD EVENTS

<b>EVENT</b>	<b>TIME</b>	<b>AGE GROUP</b>
<b>LONG JUMP</b>	9:00 – 10:00	5-6
	10:00 - 11:30	7-8
	12:00 - 1:30	9-10
	1:30 - 3:00	11-12
	3:00-4:30	13 and older age groups
<b>(Two long jump pits will be open)</b>		
<b>HIGH JUMP</b>	9:00 – 10:30	9-10 & 11-12
	10:30-12:00	13 and older age groups
<b>SHOT</b>	9:00 - 10:30	7-8 thru 11-12 (warmup @ 8:30)
	10:30 - 11:30	13-14 and older
<b>DISCUS</b>	11:30 - 12:30	11-12 and older (warmup @ 11)
<b>TURBOJAV</b>	1:00 – 2:30	7-8 & 9-10 (warmup @ 12:30)
<b>Finn Flyer</b>	2:30 – 3:15	11-12
<b>Javelin</b>	3:15 – 4:00	13-14 and older

Competitors shall complete all attempts during the scheduled time  
**Track events may run up to 60 minutes ahead of schedule.**