



**SEATTLE PARKS  
AND RECREATION**



**RAINIER BEACH 7th ANNUAL INVITATIONAL TRACK MEET  
SCHEDULE OF EVENTS  
MAY 2, 2009**

| <b>TIME</b> | <b>EVENT</b>       | <b>AGE GROUP</b>       |
|-------------|--------------------|------------------------|
| 7:30AM      | WARM-UPS           | ALL                    |
| 8:00        | 1500M RACE WALK    | MIDGET & UP            |
| 8:20        | 80M HURDLES (30")  | MIDGETS BOYS AND GIRLS |
| 8:35        | 100M HURDLES (30") | YOUTH BOYS AND GIRLS   |
| 8:45        | 100M HURDLES (33") | INTER BOYS AND GIRLS   |
| 9:00        | 3000M              | MIDGET & UP            |
| 9:35        | 400M               | SUB BANTAMS & UP       |
| 10:35       | 50M (TIME FINALS)  | SUB/MINI BANTAMS       |
| 11:20       | 100M (TIME FINALS) | MINI/SUB BANTAMS       |
| 11:30       | 100M PRELIM        | BANTAMS & UP           |
| 12:30       | 800M               | ALL AGES               |
| 1:20        | 4 X 100M RELAY     | SUB BANTAMS & UP       |
| 2:20        | 4 X 800M RELAY     | BANTAMS & UP           |
| 2:45        | 200 M HURDLES      | YOUTH GIRLS & BOYS     |
| 3:00        | 100 M FINALS       | BANTAMS & UP           |
| 3:45        | 1500M              | BANTAMS & UP           |
| 4:15        | 200M               | SUB BANTAMS & UP       |
| 5:00        | 4 X 400M RELAY     | BANTAMS & UP           |

**ALL EVENTS ARE TIME FINALS EXCEPT THE 100 METERS FOR  
BANTAMS & UP**

**FIELD EVENTS**

| <b>TIME</b>                 | <b>EVENT</b>  | <b>AGE GROUP</b>       |
|-----------------------------|---------------|------------------------|
| <b>Field Event Schedule</b> |               |                        |
| 9:00 – 11:00                | LONG JUMP     | SUB/MINI BANTAMS ONLY  |
| 10:00 – 11:00               | DISCUS        | MIDGET & UP            |
| 10:00 – 12:00               | HIGH JUMP     | BANTAMS                |
| 10:00 – 12:00               | SHOT PUT      | BANTAMS & UP           |
| 11:00- 1:00                 | LONG JUMP     | BANTAMS & UP ONLY      |
| 11:00 – 12:30               | TURBO JAVELIN | SUB BANTAMS & UP       |
| 12:30 – 1:30                | HIGH JUMP     | <u>MIDGET &amp; UP</u> |
| 1:00 – 2:00                 | TRIPLE JUMP   | YOUTH & UP             |

## **7<sup>th</sup> ANNUAL RAINIER BEACH INVITATIONAL TRACK MEET SATURDAY, MAY 2, 2008 ~ RAINIER BEACH HIGH SCHOOL**

The Rainier Beach Track Team's annual track meet is co-sponsored by the Seattle Parks and Recreation and the Rainier Beach Community Center Advisory Council. The meet will be held at Rainier Beach High School's track.

Entry fees are \$5.00 per participant per event to be paid by Wednesday, April 29, 2009. **There will be absolutely "NO" day of event registration!**

Age groups are by ages as of December 31, 2008; Mini-Bantams (Fleas), Sub-Bantams (Mosquitos), Bantam, Midget, Youth, Intermediate, Young Men/Women.

Ribbons will be awarded to the first eight (8) places in each event including prelim heats of the 100 meters.

Rainier Beach High School track surfaces are rubberized, all weather surfaces. Spikes longer than ¼" are not permitted.

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

For more information, please call Rainier Beach Community Center at (206) 386-1925.

*Refunds will be available only to those which miss an event. Rainier Beach Track Club will hold 50% of your refund as a processing fee. Contact Cara Atchison the day of the meet to discuss your refund.*

