



1st Annual SeaTown Express Track Classic

Saturday, July 18th 2009

Southwest Athletic Complex
2600 SW Thistle, Seattle 98126

Session 1: 9:00AM-12:30PM (Detailed time scheduled attached)

Division: Bantam (9-10) & Midget (11-12)
Running Events: 80M Hurdles, 100M, 200M, 400M, 800M, 4X100, 4x400
Field Events: Shot, Disc, LJ,

Session 2: 3:00PM-8:00PM (Detailed time schedule attached)

Division: YTH (13-14), INT (15-16), YW & YW (17-18)
Running Events: 110H, 100H, 100M, 200M, 400M, 800M, 1500, 4X100, 4X400, Coaches Shuttle Relay
Field Events: Shot, Disc, LJ, TJ, HJ

Advance Registration Fees:

\$5.00 per event
\$16.00 per relay team

Same Day Registration Fees:

\$6.00 per event
\$20 per relay team

Deadline for receipt of email registrations is July 13th.

Session 1: Registration ends at 8:00am. **Session 2:** Registration ends at 12:00pm

Don't miss this last track meet before the Junior Olympic Championships!

Thanks for your support and good luck to all the teams, athletes, and coaches,

Contact Kim Brooks @ 206 234-6951 or seatownadmin@comcast.net for additional information

RUNNING EVENTS – SESSION I

<u>Event</u>	<u>Age Group</u>	<u>Time</u>
4X100 Relay	Bantam/Midget G/B	9:00am
80M Hurdles	Midget G/B	9:20am
100M Prelims	Bantam/Midget G/B	9:40am
400M Finals	Bantam/Midget G/B	10:00am
100M Finals	Bantam/Midget G/B	10:20am
800M Finals	Bantam/Midget G/B	10:30am
200M Finals	Bantam/Midget G/B	11:00am
4X400 Relay	Bantam/Midget G/B	11:10am

FIELD EVENTS – SESSION I – ALL FIELD EVENTS 4 ATTEMPTS ONLY

<u>Event</u>	<u>Age Group</u>	<u>Time</u>
Shot Put	Bantam/Midget G/B	9:00-10:00am
Long Jump	Bantam/Midget G/B	10:00-12:30pm
Discus	Bantam/Midget G/B	10:00-11:00am

RUNNING EVENTS – SESSION II

<u>Event</u>	<u>Age Group</u>	<u>Time</u>
4X100 Relay	All Divisions	3:00pm
100M Hurdles Prelims	Youth G/B	3:25pm
100M Hurdles Prelims	IG/YW	3:35pm
110M Hurdles Prelims	IB/YM	3:45pm
400M Finals	All Divisions	3:50pm
100M Prelims	All Divisions	4:15pm
1500M Finals	All Divisions	4:45pm
100M Finals	All Divisions	5:10pm
800M Finals	All Divisions	5:30pm
200M Finals	All Divisions	5:55pm
Shuttle Relay	Coaches	6:20pm
4X400 Relay	All Divisions	6:30pm

FIELD EVENTS – SESSION II - ALL FIELD EVENTS 4 ATTEMPTS ONLY – Except High Jump

<u>Event</u>	<u>Age Group</u>	<u>Time</u>
Long Jump	All Division	4:00-5:30pm
Discus	All Divisions	4:00-5:30pm
High Jump	Youth G/B	4:30-5:30pm
High Jump	IG/YW	5:30-6:45pm
High Jump	IB/YM	7:00-8:00pm
Shot Put	All Divisions	5:00-6:30pm
Triple Jump	All Division	6:00-7:30pm

2009 Meet information and rules:

- The Seatown Express Track Classic is governed in accordance with USATF standards
- Age divisions and event limitations are in accordance with USATF rules. Competitors must compete in their own age division **ONLY**.
- The designated warm-up area will be located at the southwest end of the stadium.
- All non-competing athletes, coaches and parents must stay off the field
- All athletes competing in running events must check in at the Clerk's Table at least 30 minutes prior to the start of their running event. After the Check-in is closed for a running event, heats will be formed and the athletes will be escorted to the starting line.

Any ATHLETE failing to check in prior to the forming of heats will NOT be allowed to participate in that running event.

- Track events may begin up to 1 hour ahead of schedule. Please arrive early.
- All running events will advance by place and time except for timed finals
- Awards - Medals awarded 1st, 2nd and 3rd places.
- Participant awards will be presented to all competitors
- Teams must bring their own throwing implements – **All field events 4 attempts only**
- Long Jump & Triple Jump– **All field events 4 attempts only**

Facilities:

- Concessions available
- Covered stands
- Parking available

Directions to Southwest Athletic Complex

- 1) From Interstate 5, take Exit 163A (West Seattle Bridge / Columbian Way) and follow directions to West Seattle Bridge. Continue west on bridge for 1.6 miles.
- 2) Bear right on exit ramp for Delridge Way SW / SW Spokane St to South Seattle Comm. Coll. and follow directions to Delridge Way. Continue south on Delridge for 3.0 miles.
- 3) Turn right on SW Thistle St and go west for 0.3 miles to 25th Ave. SW. Look on left for signs for entry into Southwest Athletic Complex.

For additional information visit www.seatownexpress.com **OR** call Kim Brooks at (206) 234-6951