

FLYING AJS
2nd ANNUAL CLASSIC OPEN
TRACK AND FIELD MEET

JUNE 19, 2010

Visit us at

WWW.FLYINGAJS.COM

Visit www.usatf.org for information on Summer Track Programs

LOCATION:

Federal Way Memorial Stadium

30611 16th Ave S.

Federal Way, WA 98003

Behind Federal Way High School on Pacific Highway and 308th

Last Meet Before Association Qualifying

Register at www.coachoregistration.com or www.flyingajs.com

\$ 5.00 per event including relays (\$6 day of event)

Registration Deadline June 17th

NO REFUNDS for scratches and you must pay to enter a different event.

\$ 6 for Day of registration .

2 Hour cut off for day of registration.

Events may run up to 2 Hours ahead of schedule.

All Events are Time Finals Except the 100 Meters

Medals for 1st, 2nd & 3rd Place and ribbons for 4-8

1/4 Inch Spikes only

Field Events Competitor will be given 4 attempts. **NO FINALS.**

Medals for 1st-3rd Place and Ribbons for 4th-8th Place.

JUNE 19, 2010

Meet Schedule

RUNNING EVENTS

| | | |
|-------|--------------------|-------------------|
| 7:00 | Registration Opens | |
| 8:00 | Race Walk | All Divisions |
| 8:30 | 80 Meter Hurdles | Midgets |
| 8:45 | 100 Meter Hurdles | YG/YB/IG/YW |
| 9:00 | 110 Meter Hurdles | IB & YM |
| 9:15 | 1600 Meter | Bantam & up |
| 10:00 | 100 Meter Prelims | Sub Bantam & up |
| 11:30 | 400 Meter | Sub-Bantam & up |
| 12:15 | 4x100 Meter Relay | Bantam & up |
| 1:30 | 800 Meters | Bantam & up |
| 2:15 | 200 Meter Hurdles | YG & YB |
| 2:45 | 400 Meter Hurdles | IG & IB / YW & YM |
| 3:00 | 100 Meter Finals | Sub Bantam & up |
| 3:30 | 3000 Meter | Youth & up |
| 4:00 | 200 Meters | Bantam & up |
| 5:00 | 4x400 Meter Relay | Bantam & up |

FIELD EVENTS

| | | |
|------|---------------|----------------------|
| 8:00 | Long Jump | Sub Bantams & up |
| 9:00 | Shot Put | Bantam & up |
| 9:00 | High Jump | Bantam & up |
| 1:00 | Softball | Sub Bant & Bantams |
| 1:30 | Discus | Midget & Youth |
| 2:00 | Turbo Javelin | Sub Bantam to Midget |
| 2:30 | Triple Jump | Youth & Up |

MEET INFORMATION

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Concession Stand & T-Shirt Vendor

