



2010 4TH ANNUAL FRED DEAN INVITATIONAL TRACK MEET

DATE: SATURDAY, MAY 22ND 2010

LOCATION: WEST SEATTLE STADIUM
4432 35TH AVENUE SW SEATTLE, WA
(NOTE IT IS THE AGE YOU WILL BE ON DECEMBER 31ST)

AGE DIVISIONS:	DIVISION	AGE
	MINI-BANTAM	6 & UNDER
	SUB-BANTAM	7-8
	BANTAM	9-10
	MIDGET	11-12
	YOUTH	13-14

AWARDS: INDIVIDUAL EVENT MEDALS FOR 1ST PLACE
INDIVIDUAL EVENT RIBBONS FOR 2ND-8TH PLACE
RELAY TEAMS AWARDED RIBBONS FOR 1ST-3RD
PARTICIPANT RIBBONS FOR ALL COMPETITORS

FEES: \$5.00 PER EVENT FOR EACH ATHLETE AND \$16.00 FOR RELAYS WITH PRE-REGISTRATION.
DEADLINE FOR PRE- REGISTRATION IS WEDNESDAY, MAY 19TH BY 9PM. MAKE CHECKS PAYABLE TO: SCAA TRACK CLUB. PRE-REGISTRATION CAN BE EMAILED TO ashasundae@HOTMAIL.COM OR MAILED TO ASHA S. DEAN (206.954.2551) 2214 33RD AVE SOUTH SEATTLE, WA 98144
DAY OF MEET REGISTRATION BEGINS AT 8:30AM AND CONCLUDES 2-HRS PRIOR TO EACH EVENT AT A COST OF \$6.00 PER EVENT FOR EACH ATHLETE.

MEET RULES: USATF AGE DIVISIONS BASED ON CALENDAR YEAR OF BIRTH
TIMED FINALS WILL BE HELD IN ALL EVENTS EXCEPT THE 100 METER DASH
PRELIMINARY HEATS RUN IN 100 IF MORE THAN 8 ENTER. TOP 8 TIMES ADVANCE TO THE FINALS
MIDGET AGE DIVISIONS AND YOUNGER MAY ONLY ENTER 3 EVENTS (INCLUDING RELAYS)
YOUTH AGE DIVISIONS MAY ENTER 4 EVENTS

FACILITIES: ALL WEATHER SURFACE TRACK. GRASS WARM-UP AREA AVAILABLE ON THE IN FIELD.



TIME SCHEDULE

TIME	EVENTS	AGE GROUPS
RUNNING EVENTS-		
8:00	REGISTRATION	
9:00	80M HURDLES	MIDGET
9:15	100M HURDLES	YOUTH
9:45	1500	BANTAM & UP
10:15	50 TIMED FINALS	MINI & SUB-BANTAMS
10:50	100 PRELIMS	SUB-BANTAM & UP
11:50	100 TIMED FINALS	MINI-BANTAMS
*12:10	*4X200M RELAY	*SUB-BANTAM & UP
12:55	400	SUB-BANTAM & UP
1:55	4X100 RELAY	MINI-BANTAM & UP
2:55	800	BANTAM & UP
3:30	100 FINALS	SUB-BANTAM & UP
4:15	200	SUB-BANTAM & UP
5:00	4X400 RELAY	BANTAM & UP
FIELD EVENTS-		
9:00	LONG JUMP	ALL AGES
10:00	SHOT PUT	BANTAM & UP
10:00	HIGH JUMP	BANTAM & UP
12:30	TURBO JAV.	BANTAM & MIDGET
12:30	DISCUS	MIDGET & YOUTH

- NOTE THAT THE 4X200M RELAY CAN BE MIXED GENDER WITHIN THE AGE GROUP AND THERE WILL BE A COACHES 4X200M RELAY
- ONCE MEET BEGINS EVENTS MAY START UP TO 1 HOUR AHEAD OF SCHEDULE. TIME INDICATES STARTING TIME FOR YOUNGEST AGE GROUP COMPETING. GIRLS WILL START FIRST AND ALL OTHER AGE GROUPS TO FOLLOW IN ORDER