

**Coaches** – Register on Athletic.net (preferred) or complete registration form & email to the following address:  
[ldranner@sktfc.org](mailto:ldranner@sktfc.org)

Need help to register on Athletic.net?  
<http://www.athletic.net/TrackAndField/MeetResults.aspx?Meet=132781#29426>

**\*Advanced registration Fees:**

\$5.00 per event  
\$16.00 per relay team

**Same day registration Fees:**

\$10.00 per event  
\$30.00 per relay team

**\*Advanced registration includes the following:** name, date of birth, sex, and events.

**Deadline:**

For mailed registrations is **June 6, 2011**.  
For emailed & Athletic.net is **June 9, 2011**.  
Day of meet registration begins at 8:00 and **CLOSES** 60 minutes before the scheduled start of the event. **THERE WILL BE NO DAY OF EVENT REGISTRATION FOR THE 100M DASHES!**

Checks payable to:

SKTFC  
2623 Madrona Dr. SE  
Port Orchard, WA 98366

**QUESTIONS?**

<http://www.athletic.net/TrackAndField/MeetResults.aspx?Meet=132781#29426>

OR call The Fritz's (360) 876-1137



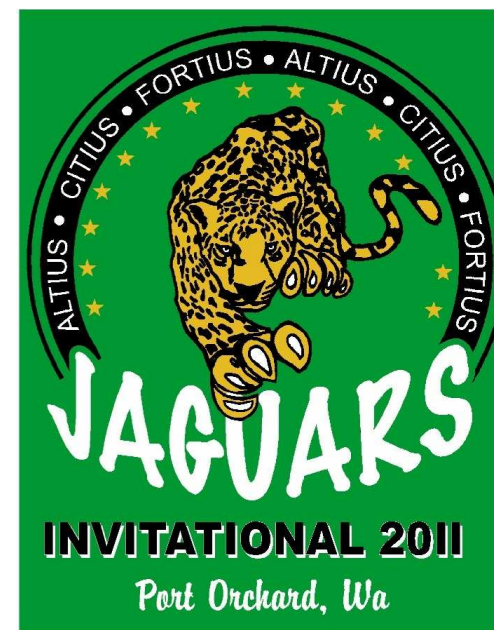
**Awards:**

Medals for 1st place  
Ribbons for 2nd - 6th place  
Relay teams awarded 1st – 3rd places  
Participant ribbons for all competitors.

**FAT Event**

All Running events will be timed using a Fully Automatic Timing System.

# South Kitsap Track & Field Club



**Saturday June 11, 2011**

South Kitsap High School  
425 Mitchell Ave.  
Port Orchard, Washington

## USAT&F Age Divisions:

Division	Age	Year Born
Sub-Bantam	6-8	2003-2005
Bantam	9-10	2001-2002
Midget	11-12	1999-2000
Youth	13-14	1997-1998
Intermediate	15-16	1995-1996
Young	17-18	1993-1994

**Meet Rules:** Events will be judged according to USATF standards. *No coaches or parents allowed in competition area.*

Age groups are by ages as of 12/31/2011.

Timed finals will be held in all events except the 100 meter dash.

Preliminary heats will be held for the 100 meter dash if there are more than 8 entries. No preliminary heats will be held if there are fewer than 8 entries. Top 8 **times** will advance to finals.

Midget age divisions & younger may only enter 3 events. Youth & above may enter 4 events (these numbers include relays).

Four throws/jumps in shot put, long jump, triple jump, high jump, softball, discus, pole vault, and javelin. **No finals.**

Teams/athletes must bring their own starting blocks, shot puts, discus, vaulting poles, and javelins (**300 gram javelin will be provided for bantams and midgets. NO TURBO JAVELINS.**)

**Facilities:** Concessions available. Stands are **not** covered, come prepared.

8:00 Registration

### **Running Events:**

9:00	80 M Hurdles	Midgets
	100 M Hurdles	YB&G/IG/YW
	110 M Hurdles	IB/YM
9:45	100 Meter Prelims	All ages
11:45	1500 Meter Run	All ages
12:30	4X100 Meter Relay	All ages
1:30	400 Meter Dash	All ages
2:30	100 Meter Finals	All ages
3:15	800 Meter Run	All ages
3:45	60 Meter Dash	Sub-Bantam
4:15	3000 Meter Run	Midget & up
5:00	200 Meter Dash	All ages
5:45	4X400 Meter Relay	Bantam & up

### **Field Events:**

8:30	Javelin (300 gram <u>not turbo</u> )	Bantam/Midget
	Javelin	Youth & up
9:00	Triple Jump	Youth & up
9:00	Shot Put	All ages
9:00	High Jump	Bantam & up
9:00	Long Jump	All ages
11:00	Discus Throw	Midget & up
11:00	Pole Vault	Youth & up
TBA	Softball Throw (follows Jav)	Sub-Bantam

Track  
events  
may  
begin 60  
minutes  
ahead of  
schedule.  
Arrive  
early.

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All events:  
Registration  
will close  
60 minutes  
prior to  
start of  
event.