

Coaches – Register on Athletic.net (preferred) or complete registration form & email to the following address:

ldrunner@sktfc.org

Need help to register on Athletic.net?

<http://www.athletic.net/Help/Track.aspx?Met=154135>

***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 11, 2011.**

For emailed & Athletic.net is **June 14, 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/Help/Track.aspx?Met=154135>

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.

Meet timing by: **Gold Medal Timing, LLC**

Mike Fox, President

South Kitsap Track & Field Club



Saturday June 16, 2012

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

USAT&F Age Divisions:

Division	Age	Year Born
Sub-Bantam	7-8	2004-2005
Bantam	9-10	2002-2003
Midget	11-12	2000-2001
Youth	13-14	1998-1999
Intermediate	15-16	1996-1997
Young	17-18	1994-1995

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 12/31/2012.

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
9:30	Long Jump*	All ages
11:00	Discus Throw*	Midget & up
11:00	Pole Vault*	Youth & up
TBA	Softball Throw (follows Jav)	Sub-Bantam

*=Master's athlete eligible event

Masters age groups are 5 yr age groupings & start at age 30 on day of day of meet.

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

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