

FLYING AJ'S

2nd ANNUAL CLASSIC OPEN



Federal Way Memorial Stadium
30611 16th Ave S.
Federal Way, WA 98003

Just behind Federal Way High School on Pacific Highway and 308th



WWW.FLYINGAJ'S.COM

Last Meet Before Association Qualifying

Register at www.coachoregistration.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**

F.A.T. Electronic Timing

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 19th Meet Schedule

RUNNING EVENTS

7:00	REGISTRAION OPENS	
8:00	Race Walk	All Divisions
8:30	80 Meter Hurdles	Midge
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	2;00 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
5:30	Steeple Chase	Intermediate & 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 Bantams & Bantams
1:30	Discus	Midget & Youth
2:00	Turbo Javelin	Sub Bantam, to Midget
2:30	Triple Jump	Youth & Up