



# 4<sup>TH</sup> ANNUAL XTREME TWILIGHT

## TRACK & FIELD MEET

JUNE 13, 2015

FRENCH FIELD, KENT MERIDIAN HIGH SCHOOL - 10020 SE 256<sup>th</sup> ST,  
Kent, WA 98030



On-line registration at:

[https://coachoregistration.com/dbi-bin/meetinfo.asp?Web\\_Site\\_Id=wa\\_xtreme&Meet\\_Id=xtremtwili1501&Team\\_Id=&](https://coachoregistration.com/dbi-bin/meetinfo.asp?Web_Site_Id=wa_xtreme&Meet_Id=xtremtwili1501&Team_Id=&)

## SCHEDULE OF EVENTS

TIME	EVENT	AGE GROUP
1:00	3000M	11/12 & up
1:30	80M / 100M / 110M Hurdles	9 & up
2:00	100M Prelims	5 & up
3:15	800M	7 & up
4:00	50M	5/6, 7/8
4:15	100M Finals	5 & up
4:30	50M Lollipop	4 & under
4:45	4 x 100M Relay	5 & up
5:00	400M	7 & up
6:00	400M / 200M Hurdles	13/14 & up
6:30	1500M	7 & up
7:30	200M	7 & up
8:00	4 x 400M Relay	7 & up

**ALL EVENTS ARE TIME FINALS EXCEPT THE 100 METERS FOR 9/10 AND UP**

## FIELD EVENTS

	1:00	1:30	2:00	3:00	4:00	5:00	6:00
Long Jump	9 & 10		11 & 12	13 & up	8 & under		
High Jump	13 & up		11 & 12	9 & 10			
Triple Jump						13 & up	
Shot Put	8 & under	11 & 12	13 & up		9 & 10		
Turbo Jav				8 & under	11 & 12	9 & 10	
Javelin							13 & up
Discus	11 & up						

***All running events may begin up to 1 hour ahead of schedule.***