

Rainier Beach 12th Annual Invitational Track Meet

Schedule of Events May 4, 2013

<u>Time</u>	<u>Event</u>	<u>Age Group</u>
9:00AM	Hurdles (80M,100M)	Midget and older
9:30	100M Prelims (timed final if less than 8 in preliminary heat)	All Ages
11:00	50M	MiniBantams Only (no finals)
11:30	400M	SubBantams and up
12:45	100M Finals	Bantam and up only
1:00	Fun 4X1 Relay	Parents/coaches only (time permitting)
1:15	800M	SubBantam and up
2:00	4x100	SubBantams and up
2:45	200M	SubBantams and up
3:45	1500	SubBantams and up
4:15	4x400	SubBantams and up

ALL EVENTS ARE TIME FINALS EXCEPT THE 100 METERS FOR BANTAMS AND UP

FIELD EVENTS

EVENT	TIME	AGE GROUP
LONG JUMP	10:00- 11:00	Mini-bantams
	11:00-12:00	Sub-bantams
	12:00-1:00	Bantams
	1:00- 2:00	Midgets and up
	(Two pits to be operated)	
HIGH JUMP	2 to 3:30 pm	All Combined (Begin with lowest height)
POLE VAULT	TBD	Youth and older.
SHOT	9 am-10:00	SB, Bantams, Midget (6 lb shot)
	10:00-11:00	Youth and up (8lb and 12lb shot)
DISCUS	12:00 to 1pm	Midgets and Up
TURBOJAV	1 to 2 pm	Bantams and Up
JAVELIN	2 to 3 pm	Youth and up

Competitors shall complete all attempts during the scheduled time.

Track events may run up to 60 minutes ahead of schedule.