

Rainier Beach 13th Annual Invitational Track Meet

Schedule of Events May 3, 2014

| Time | Event | Age Group |
|--------------|--|---|
| 9:00 | Hurdles (80M,100M) | 11-12 and older |
| 9:30 | 100M Prelims (Timed final if less than 8 in preliminary heat) | 7-8 and older |
| 11:00 | 50M (no finals) | Age 5-6 only |
| 11:30 | 400M | Age 7-8 and older |
| 12:45 | 100M Finals | Age 9-10 and older |
| 1:00 | Fun 4X1 Relay | Parents/coaches only (time permitting) |
| 1:15 | 800M | Age 7-8 and older |
| 2:00 | 4x100 | Age 7-8 and older |
| 2:45 | 200M | Age 7-8 and older |
| 3:45 | 1500 | Age 9-10 and older |
| 4:15 | 4x400 | Age 9-10 and older |

ALL EVENTS ARE TIME FINALS EXCEPT THE 100 METERS FOR Age 9-10 and UP

FIELD EVENTS

| EVENT | TIME | AGE GROUP |
|------------------|----------------------------------|---------------------|
| LONG JUMP | 10:00- 11:00 | Age 5-6 |
| | 11:00-12:00 | Age 6-7 |
| | 12:00-1:00 | Age 9-10 |
| | 1:00- 2:00 | Age 11 and older |
| | (Two pits to be operated) | |
| HIGH JUMP | 2 to 3:30 pm | 9 and older |
| SHOT | 9 am-10:00 | Age 7-8 thru 11-12 |
| | 10:00-11:00 | Age 13-14 and older |
| DISCUS | 12:00 to 1pm | Age 11-12 and older |
| TURBOJAV | 1 to 2 pm | 9-10, 11-12 |
| JAVELIN | 2 to 3 pm | Age 13-14 and older |

Competitors shall complete all attempts during the scheduled time.

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