

Rainier Beach 14th Annual Invitational Track Meet

Schedule of Events May 2, 2015

| Time | Event | Age Group |
|-------|--|---------------|
| 8:30 | 1500M | 9-10 & older |
| 9:30 | Hurdles (80M,100M,110M) | 11-12 & older |
| 10:00 | 100M Prelims | All ages |
| | (Finals: 9-10 & older if more than 8 competing in age group) | |
| 11:30 | 50M (no finals) | 5-6 only |
| 12:00 | 400M | 7-8 & older |
| 1:30 | 100M Finals | 9-10 & older |
| 2:00 | 800M | 7-8 & older |
| 3:00 | 4x100M | 7-8 & older |
| 3:30 | 200M | 7-8 & older |
| 4:45 | 4x400M | 9-10 & older |

ALL EVENTS ARE TIMED FINALS EXCEPT THE 100 METER FOR Age 9-10 and UP

FIELD EVENTS

| EVENT | TIME | AGE GROUP |
|-----------|---------------------------|----------------|
| LONG JUMP | * 8:30 am to 10:00 am | 5-6 |
| | 10:00am to 11:30 am | 7-8 |
| | 11:30 am to 1:00 pm | 9-10 |
| | 1:00 pm to 2:30 p | 11 & older |
| | (Two pits to be operated) | |
| HIGH JUMP | 2:30 pm to 3:30 pm | 9 & older |
| SHOT | 9 am to 10:15 am | 7-8 thru 11-12 |
| | 10:15 am to 11:00 am | 13-14 & older |
| DISCUS | 12:15 pm to 1pm | 11-12 & older |
| TURBOJAV | 1 pm to 2:15 pm | 7-8 thru 11-12 |
| JAVELIN | 2:15 pm to 3 pm | 13-14 & older |

Competitors shall complete all attempts during the scheduled time.

All Jumps—3 attempts. All throws—4 attempts.

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