

South Puget Sound Track Festival

Meet Schedule

Time:	Event:	Age Group:
8:00am	80M Hurdles	Midgets
8:15am	100M Hurdles	Youth
8:45am	110M Hurdles	Interm. & Up
9:15am	1500M	Sub-Bantams & Up
10:15am	100M Prelim.	Mini-Bantams & Up
12:00pm	50M Lollipop Run	Mini-Bantams Only *No times*
12:45pm	4x800M Relay	Bantams & Up
1:15pm	100M Final	Sub-Bantams & Up
1:45pm	400M	Sub-Bantams & Up
2:45pm	4x100M Relay	Sub-Bantams & Up
3:15pm	800M	Sub-Bantams & Up
4:15pm	200M	Sub-Bantams & Up
5:00pm	4x400M Relay	Sub-Bantams & Up
5:30pm	3000M	Midgets & Up

Field events - 3 attempts only; no finals

Once the meet begins, events may start up to 1 hour ahead of schedule. Time indicates starting time for youngest Age group competing. Girls will start first and all other age groups to follow in order.

<u>Long Jump (2 Pits)</u>		<u>Shot Put</u>		<u>High Jump (2 Pits)</u>	
8:30am	Youth	8:00am	Sub-Bantams	8:30am	Bantams
9:30am	Midget	9:00am	Midgets	9:30am	Youth
10:30am	Sub-Bantams	10:00am	Youth	10:30am	Intermediate
11:30am	Bantams	11:00am	Intermediate	11:30am	Midget
12:30pm	Young M/W	12:00pm	Young M/W	1:00pm	Young M/W
1:30pm	Intermediate	1:00pm	Bantams		
2:30pm	Mini-Bantams				
<u>Triple Jump</u>		<u>Discus</u>		<u>Turbo Javelin</u>	
3:30pm	Youth & Up	11:00am	Young M/W	1:30pm	Sub-Bantams
		12:00pm	Youth	2:30pm	Bantams
		1:00pm	Midget	3:30pm	Midgets
		2:00pm	Intermediate		

****NO Spikes longer than 1/4" will be permitted****