

South Puget Sound Track Festival

Meet Schedule

Time:	Event:	Age Group:
8:00am	3000M	11 & Up
8:30am	80M Hurdles	11, 12
8:45am	100M Hurdles	13, 14
9:00am	110M Hurdles	15 & Up
9:15am	4x800M Relay	7 & Up
9:30pm	100M Prelim.	6 & Under, 7 & Up/Open/Masters
11:45pm	1500M	7 & Up/Open/Masters
12:45pm	100M Finals	7 & Up/Open/Masters
1:30pm	400M	7 & Up/Open/Masters
3:00pm	4x100M Relay	7 & Up
3:30pm	800M	7 & Up
4:30pm	200M	6 & Under, 7 & Up
5:15pm	4x400M Relay	7 & 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 13, 14	8:00am 7, 8	8:30am 9, 10
9:30am 11, 12	9:00am 11, 12	9:30am 13, 14
10:30am 7, 8	10:00am 13, 14	10:30am 15, 16
11:30am 9, 10	11:00am 15, 16	11:30am 11, 12
12:30pm Open/Masters	12:00pm 17, 18	1:00pm 17, 18
1:30pm 17, 18	1:00pm 9, 10	
2:30pm 15, 16	2:00pm Open/Masters	
3:30pm 6 & Under		

<u>Triple Jump</u>	<u>Discus</u>	<u>Turbo Jav./Javelin</u>
3:30pm 13 & Up	11:00am 17, 18	1:00pm 7, 8
	12:00pm 13, 14	1:45pm 9, 10
	1:00pm 11, 12	2:30pm 11, 12
	2:00pm 15, 16	3:00pm 13 & Up

****NO Spikes longer than ¼** will be permitted****