

# Rainier Beach Track Club

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## *12<sup>th</sup> Annual Track Meet*

**@Rainier Beach High School Track**  
**8815 Seward Park South Seattle WA 98118**

Join us at the Rainier Beach Track Club annual track meet at Rainier Beach High School track on Saturday, **May 4<sup>th</sup>** from 9:00 am to 4:00 pm. Youth ages 5 thru 18 eligible to participate. Rainier Beach High School track surfaces are rubberized, all weather surfaces. Spikes longer than ¼ inch are not permitted.

**Track events may begin up to sixty (60) minutes ahead of schedule.**  
**Please arrive early for your event.**

All athletes and teams must register at **Coacho.com** **Deadline for registration is midnight Thursday May 2<sup>nd</sup>** Contact Mike Toutant at **miketoutant@clearwire.net** (206) 769-4240.

**Clubs must pre-register at Coacho.com**

**Cost: \$15 per participant\***

**No day of registration!!!!**

(\*3 event limit midget and younger; 4 events youth and older)

Ribbons awarded to top eight contestants.



# Rainier Beach 12<sup>th</sup> Annual Invitational Track Meet

## Schedule of Events May 4, 2013

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

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

## FIELD EVENTS

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