



# Seattle Parks & Recreation

healthy people healthy environment strong communities

## TRACK & FIELD ORDER OF EVENTS

### TRACK EVENTS

3000	Gazelle, Youth, Intermediate, Young Women/Men
50	Flea, Mosquito, Bantam
400	Mosquito, Bantam, Gazelle, Youth, Intermediate, Young Women/Men
100	Flea, Mosquito, Bantam, Gazelle, Youth, Intermediate, Young Women/Men
1500	All Ages <b>except fleas</b>
200	Mosquito, Bantam, Gazelle, Youth, Intermediate, Young Women/Men
800	All Ages
4 X 100 Relay	Mosquito, Bantam, Gazelle, Youth, Intermediate, Young Women/Men
NOTE:	No relays will be run the first week of Invitational Meets. Every effort will be made to run relays at all other Invitational Meets as time allows. Please follow the rules for relays for Lowell Barry and City Championships as printed in meet packets.

### FIELD EVENTS

Long Jump	Pit #1	Mosquito – Girls and Boys Gazelle – Girls and Boys	5:30-7:00pm 6:00-7:30pm		
	Pit #2	Bantam – Girls and Boys Intermediate and Young Women/Men	5:30-7:00pm 6:00-7:30pm		
	Pit #3	Fleas – Girls and Boys <i>Standing long jump</i>	5:30-7:00pm		
Triple Jump	Pit #2	Bantam, Gazelle, Youth, Intermediate, Young Women/Men	7:00-8:00pm		
Ball Throw	Mid Field	All Ages	5:30-7:30pm		
Turbo Javelin	Mid Field	Mosquito, Bantam, Gazelle, Youth Intermediate, Young Women/Men			
Shot Put	At Ring	Bantam, Gazelle, Youth, Intermediate, Young Women/Men	5:30-7:00pm		
		<b>Girls</b>	<b>Weight</b>	<b>Boys</b>	<b>Weight</b>
		Bantam	6lbs	Bantam	6lbs
		Gazelle	6lbs	Gazelle	6lbs

Shot Put weights	Youth	6lbs	Youth	4KG
	Intermediate	4KG	Intermediate	12lbs
	Young Women	4KG	Young Men	12lbs

**AGE GROUP ASSIGNMENTS**

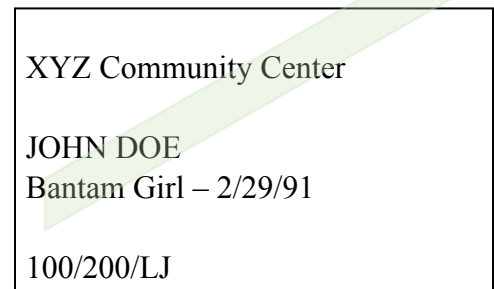
<u>AGE DIVISION</u>	<u>AGE GROUP BY BIRTHDATE</u>	<u>AGE</u>
Flea	2012 or 2013	5-6
Mosquito	2010 or 2011	7-8
Bantam	2008 or 2009	9-10
Gazelle	2006 or 2007	11-12
Youth	2004 or 2005	13-14
Intermediate	2003 or 2002	15-16
Young Men and Women	2001 or 2000	17-18

**NAME TAGS**

Sample Name Tag

Name Tag shall include the following information:

- Community Center
- Participant Name – First and Last
- Division – (Flea, Bantam, etc.)
- Gender
- Birthdate
- Events Entered
- Highlighter stripe noting age group



When you fill out the name tags please make a diagonal stripe with a highlighter/marker in the appropriate color for each age group as follows:

<u>PEN COLOR</u>	<u>AGE DIVISION</u>	<u>AGE GROUP BY BIRTHDATE</u>
Green	Flea	2012 or 2013
Yellow	Mosquito	2010 or 2011
Orange	Bantam	2008 or 2009
Blue	Gazelle	2006 or 2007
Pink	Youth	2004 or 2005
Green	Intermediate	2003 or 2002
Purple	Young Women & Men	2001 or 2000