

Updated 7/3/08 – Updated School address

# SOUTH SOUND YMCA

## Ages 4-12

### 2008 Track & Field

#### Track Meet Schedule

Day	Date	Time	Location
Thursday	7/10	6:00 pm	North Thurston High School
Monday	7/21	6:00 pm	Olympia High School
Thursday	7/24	6:00 pm	North Thurston High School
Thursday	7/31	6:00 pm	North Thurston High School
Thursday	8/7	6:00 pm	North Thurston High School

North Thurston High School – 600 Sleater Kinney Rd NE, Lacey, 98506

Olympia High School – 1302 North St SE, Olympia, 98501

Olympia Team: White Shirts: 7/10, 7/24, 8/7. Blue Shirts: 7/21, 7/31

North Thurston: White Shirts: 7/21, 7/31. Blue Shirts: 7/10, 7/24, 8/7

#### Event Schedule

<u>Running Events</u> *		<u>Field Events</u> ** - ****
800	6:00pm	Long Jump (all ages)
50	6:10pm	Softball Throw (all ages)
100	6:30pm	Shot Put (ages 8 and up)
400	6:50pm	Discuss (ages 8 and up)
200	7:10pm	
Mile	7:20pm	
4x100 Relay	7:35pm	
4x400 Relay	7:50pm	

Times listed are **approximate** start times.

\* All running events start with the younger children first. Race Breakdown by ages is; 4/5, 6/7, 8/9, & 10-12. 1<sup>st</sup> call, 2<sup>nd</sup> call and final call will be given for each race. Races may have more than one heat depending on the number of children who want to participate. We will try and divide each heat by age (i.e., all 4-year-olds run against each other) but may need to combine if we don't have enough runners in a particular heat. Children will be divided at the starting line.

\*\* The softball throw is open to all ages, the whole meet.

\*\*\* The long jump is open to only ages 4-5 the first 20 minutes of the meet and then to all ages the rest of the meet.

\*\*\*\* The shot put is open the first 30 minutes of meet and the discuss is open the next 30 minutes.

**Parent Volunteers are needed to help time and measure.**

**All equipment will be provided, although we welcome extra stop watches and pens/pencils.**

**Thanks in advance for your help!**

