

SOUTH SOUND YMCA

Ages 4-12

2009 Track & Field

Track Meet Schedule

Day	Date	Time	Location
Thursday	7/9	6:00 pm	North Thurston High School
Thursday	7/16	6:00 pm	North Thurston High School
Thursday	7/23	6:00 pm	North Thurston High School
Thursday	7/30	6:00 pm	North Thurston High School
Thursday	8/6	6:00 pm	North Thurston High School

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

Olympia Team: White Shirts: 7/9, 7/23, 8/6. Blue Shirts: 7/16, 7/30

North Thurston: White Shirts: 7/16, 7/30. Blue Shirts: 7/9, 7/23, 8/6

Event Schedule

Running Events *		Field Events ** - ****
800	6:00pm	Long Jump (all ages)
200	6:15pm	Softball Throw (all ages)
50	6:30pm	Shot Put (ages 8 and up)
400	6:45pm	Discuss (ages 8 and up)
100	7:00pm	
Mile	7:15pm	
4x100 Relay	7:35pm	
4x400 Relay	7:45pm	

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. 1st call, 2nd 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!

