

Rainier Beach Track Club's 23rd Annual Track Meet

@Nino Cantu Southwest Athletic Complex - 2600 SW Thistle St, Seattle, WA 98126
SUNDAY, 5/3/2024, starts at 9:30am

Join us for Rainier Beach Track Club's annual track meet at Chief Sealth Stadium. Youth ages 5 thru 18 are eligible to participate unattached or with a club. Field events and running events offered. 3 attempts for throws/jumps. Girls go first in running events. **Some distance races and relay races may combine heats/gender**

Automatic timing and electronic starting system will be provided

Track events may begin up to 30 minutes ahead of schedule. Please arrive early for your event. Schedule may slightly change after registration closes & entry #'s are confirmed.

All athletes and teams must register at Athletic.net. **Deadline for registration is 11:59pm Wednesday, April 30th.** All running events will be timed finals, **enter a seed time if possible.** E-register at Athletic.net Cost: \$9 per event, \$27 per relay. No day of registration!!!!

Questions: Contact Coach Vic at 206 331-5529 or rainierbeachtrackclub@gmail.com

(*3 event limit 11-12 and under; 4 events 13-14 and older) Medals for first place and ribbons awarded for top 2nd-8th place contestants. Athletes will wear a bib # and hip numbers. Packet pickup will be ready after 8:30am near the entry gates.

Parking is limited. Do not Park in Fire lanes. Seek street parking when stadium is full.

Community Partners



**Rainier Beach 23rd Annual Invitational Track Meet
Schedule of Events May 3rd, 2026**

RUNNING EVENTS - report to staging area

Time	Event	Age Group
9:30	1500M	7-8 and older
10:30	100M	5-6 and older
12:30	50M	5-6 ONLY
12:45	4X100 relay	7-8 and older
1:15	400M	7-8 and older
3:00	800M	7-8 and older
4:30	200M	7-8 and older

ALL EVENTS ARE TIME FINALS - Enter a seed time if possible

FIELD EVENTS- check in at event location

Event	Time	Age Group
Long Jump	9:30-10:30	5-6
	10:30-11:45	7-8
	11:45-1:30	9-10
	2:00-3:30	11-12
	3:30-4:45	13 and older
<u>Two Long jump pits open, only coaches on the infield</u>		
Shot Put	10-11:30	7-8, 9-10, & 11-12
	11:30-12:30	13 and older
Discus	1:00-2:00	11 and older
Turbo Jav	2:30-3:30	7-8
250g finn	3:30-4:45	9-10
450g finn	4:45-5:45	11-12

*no high jump and no hurdles this year

*for safety, no metal javelin. All throws are on the South side of the stadium