



# Rain City Flyers

## Go the Distance Track Meet 2026



USATF Sanctioned Youth Event

Sunday, May 24<sup>th</sup> 2026

### Order of Events

- 800 Meter – 8U+
- 3000 Meter – 9-10+
- Lollipop Lap – 6 and under, prizes at each 100m – Free – No Registration
- 400 Meter – 8U+
- 1500 Meter – 7-8+
- 2000 Meter Steeplechase – Open Men, 15-18B, 13-14B, 13-14G, 15-18G, Open Women
- Sprint Medley Relay – 200m, 200m, 400m, 800m - Awards given for 10U, 12U, 14U and 18U teams. Mixed age teams OK, no mixed gender teams.
- 4x800m Relay – Awards given for 10U, 12U, 14U and 18U teams, Mixed age teams OK, no mixed gender teams.

Events will begin at 10am. Planned finish time is 4 PM. Schedule will be set and released once registration closes 5/20/26.