

Si View Metro Parks

Snoqualmie Valley Track Club Jr. Wildcat Track and Field Team 2019 Track Meet – Snoqualmie Valley

Date: Thursday, June 13

Location: Mt Si High School, 8651 Meadowbrook Way S.E, Snoqualmie 98065

Time: Meet begins 5:30pm.

Field Events for 5-6 and 7-8 yr olds begin at 5:30pm. 9-10 yr olds can begin at 5:50pm. 11+ can begin at 6:15pm.

Participants may enter any combination of field and running events to = **3 events**.

Running events in order: Report to running event area when your age event/group is called. (Please don't come early – it gets too crowded!)
Starting between 5:30pm and 5:45pm.

****50m:** 9-10, 7-8, 5-6

****1600m pace run (4 complete laps):** All ages 7-14. Ages/genders placed together or separately.

****100m:** 5-6; 7-8; 9-10; 11-12; 13-14

****400m:** 7-8; 9-10; 11-12; 13-14

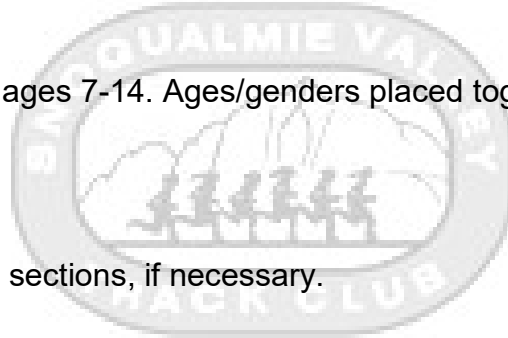
****25m:** 5-6;

****200m:** 7-8; 9-10; 11-12; 13-14

****800m pace run (2 complete laps):** Two sections, if necessary.

Section 1 ages 11-12 and 13-14.

Section 2 ages 9-10 and 7-8.



Field Events.

Please be advised that it is often difficult to hear running event announcements while at the field events. Each participant is responsible for making it to his/her chosen events.

****Running LJ** (5-6; 7-8; 9-10; 11-12; 13-14)

2 jumps for measurement per participant.

****Turbo Javelin** (5-6; 7-8; 9-10; 11-12; 13-14)

2 throws for measurement per participant.