

Rising Phoenix Track Club, Pendleton High School Track & Field/Cross Country, and Roundup City Racers

2019 All-Comers Track Meet #1

**Pendleton High School
1800 NW Carden Ave, Pendleton, OR 97801**

June 14, 2019

6:00 PM

Event Schedule:

5:00 PM – Registration opens. Athletes may begin warmups upon completion of registering. Registration closes at 7:00 PM.

*6:00 PM – 100m Hurdles

**6:15 PM – 110m High Hurdles

6:30 PM – 4x100m Relay

6:40 PM – 800m Run

6:55 PM – 100m Dash

7:25 PM – 400m Dash

***7:45 PM – 200m Hurdles

****8:05 PM – 400m Hurdles

8:25 PM – 200m Dash

*****8:50 PM – 3000m Run

9:20 PM – 4x400m Relay

*- Middle school girls (11-13) run w/ 30” hurdles. Middle school boys (11-13), high school girls (14-18), open age group women (19-29), masters women (30-39), and masters men (60+) all run w/ 33” hurdles. Masters men (50-59) run w/ 36” hurdles.

** - High school boys (14-18) and masters men (30-49) run w/ 39” hurdles. Open age group men (19-29) run w/ 42” hurdles.

*** - Middle school boys and girls (11-13) run w/ 30” hurdles.

**** - All women (age 14-49) run w/ 30” hurdles. All men (age 14-49) run w/ 36” hurdles.

***** - Heats will be run gender and age group combined dependent upon number of competitors. If too many competitors for one heat, heats will be created by the starting line clerk based on age.