



XTREME SPEED OPEN

June 11, 2022

FRENCH FIELD – Kent Meridian HS
10020 SE 256th ST, Kent, WA 98042



Sponsored by

XTREME SPEED TRACK CLUB

AWARDS:

- Medals for 1st – 3rd place and ribbons for 4th – 8th!
- FREE Lollipop Race for ages 4 & under.

FACILITIES:

- **Electronic timing** for all track events. All results will be published on **Athletic.net**.
- French Field Stadium has a synthetic track and runways.
- Spikes should be no longer than 1/4".
- No food or drink to be consumed on the track & field (water only allowed).
- Covered stands.
- Infield warm up area.
- Starting blocks available.

MEET RULES:

- Events will be judged according to USA Track & Field standards.
- USATF age division rules (athlete's age as of 12/31/22).
- Maximum of 4 events for athletes 13 and older. All others a maximum of 3 events (including relays).

REGISTRATION & FEES:

All athletes must be pre-registered and pre-paid via [Athletic.Net](https://www.athletic.net) by **11:59pmt** on **Wednesday, June 8th**. There will be **NO LATE OR DAY OF EVENT REGISTRATION**. Entry fee is a **flat fee of \$20.00 per athlete**. No refunds.

CONTACTS: Meet Director – Rob Thomas xtremespeedtrackclub@outlook.com

On-line registration at <https://www.athletic.net/TrackAndField/meet/458035/register>

SCHEDULE OF EVENTS

TIME	EVENT	AGE GROUP
8:00am	3000M	11/12 & up
8:30am	80MH	11/12
	100MH/110MH	13 & up
9:00am	100M Semi-Finals	5/6 & up
11:30am	800M	7/8 & up
12:30pm	100M Finals	7/8 & up
1:15pm	50M	5/6
1:30pm	4 x 100M Relay	7/8 & up
2:15pm	400M	7/8 & up
3:30pm	50M Lollipop	4 & under
3:45pm	400MH/200MH	15-18/13&14
4:30pm	200M	7/8 & up
5:15pm	1500M	7/8 & up
6:15pm	4 x 400M Relay	7/8 & up

ALL EVENTS ARE TIME FINALS EXCEPT THE 100 METERS FOR 7/8 AND UP

FIELD EVENTS

<u>LONG JUMP</u>	<u>SHOT PUT</u>	<u>HIGH JUMP</u>
8:30am 13/14	8:00am 7/8	8:30am 9/10
9:30am 11/12	9:00am 11/12	9:30am 13/14
10:30am 7/8	10:00am 13/14	10:30am 15,16
12:00pm 9/10	11:00am 15/16	12:00pm 11/12
1:30pm 17 & up	12:00pm 17 & up	1:30pm 17 & up
2:30pm 15/16	1:00pm 9/10	
3:30pm 6 & under		
<u>TRIPLE JUMP</u>	<u>DISCUS</u>	<u>JAVELIN/TURBO</u>
4:30pm 13/14 & up	9:00am 15/16	2:00pm 7/8
	10:00am 17 & up	2:30pm 9/10
	11:00am 11/12	3:00pm 11/12
	12:00pm 13/14	4:00pm 13 & up
	<u>POLE VAULT</u>	
	11:00am 13 & up	

All running events may begin up to 2 hour ahead of schedule.