



# GLIDERS TRACK & FIELD MEET

Issaquah Parks & Recreation Department

**Date:** Thursday, July 7th, 5:30 PM

**Where:** Issaquah High School – 700 2nd Ave SE, Issaquah, WA. 98027

**Registration:** Renton runners please sign waiver at the check-in tent. \*Note Registered Gliders Participants aren't required to sign waiver.

Participants may enter any combination of field and running events to equal **3 events**. The All-Comers Lap is a bonus event and not counted toward the four events.

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## **Running events in order starting @ 5:35 PM**

**25m:** 3 years and younger and 4 year olds

**1600m** (4 complete laps): 6U; 7/8; 9/10; 11/12; 13/14. All run together, placed separately

**2 x 200m Relay:** 7/8; 9/10 - 2 People - 200m each. We will TRY to match partners, however it is recommended that as many partners as possible show up together. If you don't get a partner you can choose another event. Mixed ages and genders okay.

**2 x 50m Relay:** 4/5/6 - Either come as a team of two or we will try to match you. If you don't get a partner you can choose another event. Mixed ages and genders okay.

**2 x 200m Relay:** 11/12; 13/14 - 2 People - 200m each. We will TRY to match partners, however it is recommended that as many partners as possible show up together. If you don't get a partner you can choose another event. Mixed ages and genders okay.

**150m:** 4's. Waterfall start, lane cutting allowed

**200m:** 5/6; 7/8; 9/10. Stagger Start, lane sharing possible, Stay in Lane

**200m:** 11/12 and 13/14. Stagger Start, lane sharing possible, Stay in Lane

**300m:** 5/6, Waterfall Start. Lane Cutting Allowed

**400m:** 7/8, Waterfall Start. Lane Cutting Allowed for 7/8 division only

**400m:** 9/10, Stagger Start, lane sharing possible. Stay in Lane

**400m:** 11/12 and 13/14. Stagger Start, lane sharing possible. Stay in Lane

**50m:** 3; 4/5 and 6

**600m:** Stadium Loop: Start on the track. Run out and around the stadium area. Finish on the Track.

- Sections will be determined by number of participants. Age/genders placed separately

**90m:** 5/6; 7/8

**100m:** 9/10

**100m:** 11/12; 13/14

**Family Fitness Lap!** One Lap for fun and a Lollipop awaits you at the finish line! Does not count toward the 3 event limit. Bonus event!

**\*Field events on reverse side\***

**Field Events Schedule - Starting @ 5:30 PM** (Rotate each 30min, unless announced otherwise.)

Field Events Offered: Running LJ (RLJ); Standing LJ (SLJ); Turbo Javelin (TURBO)

Starting at 5:30 PM - Rotate by age divisions, each 30min, unless announced otherwise.

**5:30 PM - 6:15 PM** - Standing Long Jump will be open to **ALL AGES** this time only

**5:30 PM** - Field Events Open to 9/10: RLJ + Turbo

**6:00 PM** - Field Events Open to 6U and 13/14: RLJ + Turbo

**6:30 PM** - Field Events Open to 11/12: RLJ + Turbo

**7:00 PM** - Field Events Open to 7/8: RLJ + Turbo