SPOKANE COLLEGES 51ST ANNUAL

SASQUATCH ALL-COMERS TRACK & FIELD MEETS

Wednesday, June 4 • 11 • 18 • 25

Spokane Falls Community College • 3410 W Whistalks Way

PARKING

Please park in the main lot (P9) to keep the stadium road clear for Spokane Colleges employees & emergency vehicles.

ENTRY FEE

Anyone who wants to compete, <u>$5 per athlete, cash only</u>. Please sign in and pay at the Clerk's table near the Finish Line.

SPECIAL EVENTS

We are always looking to serve the needs of the area's best athletes. Special events may be inserted into the schedule at any time with notice.

VOLUNTEER OFFICIALS

Officiating assistance is appreciated & very much needed. Qualified or inexperienced help is always appreciated. <u>The events can only be run with help from volunteers.</u>

AWARDS

Given for 1st – 3rd place for each age division & will consist of a Blue, Red or White Sasquatch.

EVENTS TIME SCHEDULE

5:00PM   Throwing
6:00PM   Jumping & Running

PLAY - BY - PLAY

5:00PM   Throws of the week*
5:30PM   Pole Vault (High School+ only)
6:00PM   Jumps - High & Long
6:00PM   4x100m Relay (any team welcome)
6:20PM   1500m Run/Walk
6:40PM   50 Yard Dash (ages 8 & under)
7:15PM   Sprint of the Week* (100 or 200m)
7:25PM   400m Dash
7:40PM   800m Run
7:55PM   Distance Race of the Week (5k or 3k Stpl)
8:20PM   4x400m Relay (Any team welcome)

VARIABLE EVENTS*

June 4   (100m, 5k)(Hammer Throw, Javelin)
June 11   (200m, 3k Steeplechase)(Shotput, Discus)
June 18   (100m, 5k)(Hammer Throw, Javelin)
June 25   (200m, 3k Steeplechase)(Shotput, Discus)

* Shot Put and Discus (open ring - 4 puts each)
* Hammer Throw (High School+ only - 4 throws)
*Javelin (open runway - 4 throws each, age 13+)

Meet Directors:
Larry Beatty / Larry.Beatty@scc.spokane.edu
Sean McLachlan / Sean.McLachlan@scc.spokane.edu

A big crowd may cause us to be a bit behind schedule.
Volunteers are always welcome ☺

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