



# CCS 50<sup>TH</sup> ANNUAL BIGFOOT ALL-COMERS TRACK & FIELD MEETS

**Wednesday, June 5 • 12 • 19 • 26**

**Spokane Falls Community College • 3410 W Whistalks Way**

## Parking

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

## Entry Fee

Anyone who wants to compete, \$5.00 per athlete, cash only. 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. The events can only be run with help from volunteers.

## Awards

Given for 1<sup>st</sup> – 3<sup>rd</sup> place for each age division and will consist of a Blue, Red or White Sasquatch Foot.



## 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 5 (100m, 5k)(Hammer Throw, Javelin)  
June 12 (200m, 3k Steeplechase)(Shotput, Discus)  
June 19 (100m, 5k)(Hammer Throw, Javelin)  
June 26 (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+)

*A big crowd may cause us to be a bit behind schedule.*

*Volunteers are always welcome 😊*

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## Meet Directors:

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