

Sherwood Track Club • Development Track & Field Meet

May 5, 2018

Sherwood High School • 16956 SW Meinecke Road • Sherwood, Oregon

TRACK EVENTS Girls first then Boys unless otherwise stated

8:30 AM	1500 M Race walk	9-10 & up	
8:45 AM	3000 M	11-12 & up	Age groups will be combined
	80 M Hurdles	11-12 & up	
	100 M Hurdles	13-14	
	110 M Hurdles	15-16 & up	
	4 X 100 M Relay	8 & under & up	
	1500 M	8 & under & up	
	400 M	8 & under & up	
	100 M	8 & under & up	
	800 M	8 & under & up	
	200 M	8 & under & up	
	4 X 400 M Relay	8 & under & up	

- Open/Masters will compete at the same time as the oldest age group
- Once the meet is underway the schedule will be rolling
- Timers will sound an alarm to stop racers if the timing system malfunctions
- Blocks for running events will only be available for 11-12 age group and up
- Coaches can assist in the staging area, but not at the start line

FIELD EVENTS Girls first then Boys unless otherwise stated

8:30 AM	Long Jump	8 & under, 9-10, 11-12, 13-14, 15-16, 17-18
		2 Pits Boys will jump into the West Pit
	High Jump	17-18, 15-16, 13-14, 11-12, 9-10
	Turbo Javelin	9-10, 8 & Under on Turf infield
	Shot Put	17-18, 15-16, 13-14, 11-12, 9-10, 8 & Under
9:00 AM	Aero Javelin	11-12
	Javelin	13-14, 15-16, 17-18
10:00 AM	Discus	17-18, 15-16, 13-14, 11-12

- All competitors will be given 3 trials. Awards will be given at the Awards Table
- Check in will be at the field events. When a running event is announced, field event athletes will be allowed to compete their jumps or throws before reporting to the clerks circle
- All Turbo javelin events will be on the turf infield
- All Aero Javelin events will be held on the outfield behind the stadium