



SEATTLE PARKS PREVIEW TRACK & FIELD MASTERS MEET



June 6, 2015

West Seattle Stadium, 4432 35th Av. SW Seattle, WA 98126

Hosted by Seattle Parks and Recreation, Seattle Masters Athletic Club, USATF Pacific Northwest

Entry Forms: [online](#) (preferred) paper/mail-In - [click here](#) (pdf)

TIME	TRACK EVENTS			TIME	FIELD EVENTS	
8:45am	1500m Racewalk	M-W		8:30am	Javelin	M-W
	3000m Racewalk	M-W		9:45	Hammer	M-W
9:30	5000m	M-W		11:00	Shot Put	M-W
10:15	100m	M-W		11:00	Long Jump	M-W
10:45	1500m	M-W		to follow LJ	Triple Jump	M-W
11:15	400m	M-W				
11:45	4X100m relay	M-W		11:30	Pole Vault	M-W
12:15pm	800m	M-W		12:45pm	Discus	M-W
12:45	200m	M-W		1:00	High Jump	M-W
1:15	4X800m relay	M-W		2:45	Weight Throw	M-W
	4X400m relay	M-W		3:15	Superweight	M-W

Sanctioned by: USATF **Ages:** Ages 19+

Implements: Throws implements must be checked in at least one hour prior to the event. Check in opens at 7:00am

Relays: Run in 10 yr age groups. Team must wear distinctive tops. Fee \$10/team. Enter/Declare 1 hr before event.

Contact info: George Mathews georgemathews99@gmail.com, 208-691-0193

Meet Director Becca Gillespy Peter, Becca@polevaultpower.com

Parks Dept.: Jayson Powell, jayson.powell@seattle.gov, 206-684-7092

Entry Form: [online](#)

Entry Deadlines & Fees: *On time entries:* received by May 30 (paper & online) - \$20 1st event; \$5/additional event

Late Entries: received May 31-June 4 - add \$10 to on-time fees

paper/mail-In - [click here](#) (pdf)