

41st ANNUAL Community Colleges of Spokane 2016 BIGFOOT ALL-COMERS TRACK AND FIELD MEETS

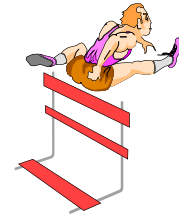
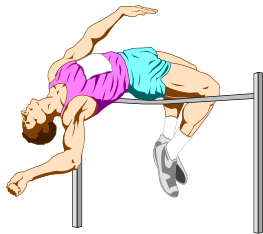


- June 7th, 14th, 21st, 28th at Spokane Falls CC
(Please park in the main lot)

Sponsored by Community Colleges of Spokane

Meet Director: Jason Cash @ 533-8857-W 533-8609-Fax

5:00 p.m. Throwing Events
6:00 p.m. Jumping Events
6:00 p.m. Running Events



Time Schedule

Entry Fee

Anyone who wants to compete \$2.00

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 and very much needed. Qualified help and inexperienced help and some extra timing fingers are appreciated. The events can only be run with help from volunteers.

Parking

Please park in the main lot to keep the stadium road clear for CC Spokane employees and emergency vehicles.

- 5:00p** Open Shot Put (open ring - 4 puts each)
- 5:00** Open Discus (open ring - 4 throws each)
- 5:00** Open Hammer (High School and older only)
- 5:00** Open Javelin (open runway - 4 throws each, age 13+)
- 6:00p** *Horizontal Jump of the Week (open pit – 4 jumps each)
- 6:00** High Jump (Weeks 1, 2 and 4); Pole Vault
- 6:00** Hurdles (set-up your own lane)
- 6:25** 400m Relay (any kind of team is welcome)
- 6:40** 1500m run/walk
- 6:55** 50 yard dash (ages 8 and under)
- 7:10p** *Sprint of the week (100m or 200m)
- 7:25** Open 400m dash
- 7:40** Open 800m dash
- 7:55** *Distance Race of the week (5k or 3k)
- 8:15p** Open 1600 Relay (any kind of team is welcome)

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

*VARIABLE EVENTS

- June 7 - (100m, 5k, High Jump, Long Jump)
- June 14 - (200m, 3k St., Triple Jump)
- June 21 - (100m, 5k, High Jump, Triple Jump)
- June 28 - (200m, 3k St., Long Jump)

Awards

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

