

## TWELVE WEDNESDAYS • MAY 29, JUNE 5, 12, 19, 26, JULY 3, 10, 17, 24, 31, AUGUST 7, 14, 2013

All twelve meets in 2013 will again be at Shoreline District Stadium in north Seattle/Shoreline at NE 185th Street and 5th Avenue NE. After our last four record years, we are preparing for hundreds of participants, top performances, and lots of fun every evening! Results, updates, and special notices will be posted on our web site weekly, or join our e-mail list!

Check out our complete 1998 to 2012 meet results on our web site! All results for the past 15 years are available for you to peruse and enjoy! During each summer season, we try to get each meet's results up before the next one! We also hope to complete more years this year!

### REVISED ENTRY PROCESS

We still take entries day-of-event, but entries on-line on our web site are possible at a small savings to you. This will help us with results and using electronic timing.

When you enter the stadium, look for signs leading to the Entry Desk. Check signs for updates, as some procedures will have changed to assist us with NEW electronic timing. For field events, you may go to the field event area to sign in.

### ENTRY FEES

Entry into the meet is by a single gate on the west side. Everyone but our regular officials will pay to enter. Our 2013 fees are \$6 for adults, \$5 for students, \$4 for youth and seniors, and \$3 for CNW members, and \$20 for an immediate family.

### SEASON PASSES

Season passes are available on our web site or at the entry gate for \$42 adults, \$35 students, \$28 youth/seniors, and \$21 for CNW members. Group rates for large clubs and teams are also available – ask at the entry gate or e-mail.

### EVENTS DIVISIONS

Kids (14-under), high school, open, and masters (40-over). Kids get ribbons in all kid's events. *Note: we do not let kids use blocks, or spiked shoes below the age of 9. These events are for fun!*

### OFFICIALS AND VOLUNTEERS

Our meet series does not happen without help. We need clerks, field event judges, timers, finish pickers, starters – everything! If you can attend eight or more meets during the summer, we can even offer you a small stipend for your work – contact us if you are interested!

### SUBWAY™ WASHINGTON GAMES

Our July 17 meet will be a special event again this year! The meet will be the official track & field competition of the fifth Subway™ Washington Games, with special medal awards and tee-shirts. Complete information will be on our web site (and theirs) by June 1. *We will start early at 5 p.m. and will schedule all standard events for that week.*

### PRIZE MONEY

We offer season prize funds using accepted scoring tables. Prizes are 1st to 5th, \$500, \$400, \$300, \$200, and \$100, for the five best overall performances of the year.

One master's age-graded award and both genders will be included in the final standings for each season.

### IMPLEMENTS

We provide limited implements for throwing events. You may bring your own. If you claim a record or qualifying mark of any type, your personal implement will be impounded until it can be certified.

### SPECIAL EVENTS

We often mix special events into the evening's schedule. We reserve the right to alter the time schedule to fit them in appropriately. We will have one hammer throw at West Seattle on August 4, and elite 10ks in June or July, likely one for women and one for men.

### TIME SCHEDULE

- 6:00 Kids High Jump, Open Pole Vault, Kids Long Jump, and Kids TurboJav™ Toss
- 6:20 Kids 100-meter Dash
- 6:30 Kids and Open Shot Put
- 6:40 Kids 50-meter Dash
- 7:00 Open High Jump, Open Long Jump, Open Javelin Throw, and Kids 200-meters
- 7:20 Kids Mile Jog and Open Mile Walk
- 7:30 Open Discus Throw
- 7:35 Open Hurdles of the Week\*
- 7:45 Open Sprint of the Week\*
- 8:00 Open Triple Jump and Open Jogger's Mile
- 8:15 Open 400-meter Relay
- 8:25 Open Mile or 1500m Run\*
- 8:40 Open 400-meter Dash
- 8:50 Open 800-meter Dash
- 9:00 Open 1600-meter Relay
- 9:10 Open 3000m or 5000m Run\*

### \*ALTERNATING EVENTS

Weeks 1, 3, 5, 7, and 11 – 100m/110m Hurdles, 100m, Mile, 5000m  
Weeks 2, 4, 6, 8, 10, and 12 – 400m Hurdles, 200m, 1500m, 3000m  
Week 9 – Subway™ Washington Games – special early 5pm start

RUN • JOG • WALK • HURDLE • JUMP • VAULT • THROW  
More and current information • [www.clubnorthwest.org](http://www.clubnorthwest.org) • [tracknet@mac.com](mailto:tracknet@mac.com) • 360-739-2105