

## 2024 Seattle Parks & Recreation Track and Field Schedule

### April 13 - 10:00a.m.

Order of running Events	Running events age groups	Field Events	Field Evens Age groups
<b>Teams: Meadowbrook, High Point, Garfield, Green Lake, Magnuson</b>			
3000M	Bantams and up	Long Jump	All Ages
50M	Fleas, Mosquito, and Bantams only	Shot Put	Mosquito and up
100M	All Ages	Javelin	Mosquito and up
4x100m	Mosquitos and up		
400M	Mosquitos and up		
1500M	Mosquitos and up		
200M	Mosquitos and up		
800M	Mosquitos and up		
4x400M	Mosquitos and up		

### April 13<sup>th</sup> - 1:30p.m.

Order of running Events	Running events age groups	Field Events	Field Evens Age groups
<b>Teams: Rainier Beach, Delridge, Loyal Heights, Ballard, Jefferson, Queen Anne</b>			
3000M	Bantams and up	Long Jump	All Ages
50M	Fleas, Mosquito, and Bantams only	Shot Put	Mosquito and up
100M	All Ages	Javelin	Mosquito and up
4x100m	Mosquitos and up		
400M	Mosquitos and up		
1500M	Mosquitos and up		
200M	Mosquitos and up		
800M	Mosquitos and up		
4x400M	Mosquitos and up		



**April 20<sup>th</sup> - 10:00a.m.**

<b>Order of running Events</b>	<b>Running events age groups</b>	<b>Field Events</b>	<b>Field Evens Age groups</b>
<b>Teams: Rainier Beach, High Point, Ballard, Green Lake, Magnuson,</b>			
3000M	Bantams and up	Long Jump	All Ages
50M	Fleas, Mosquito, and Bantams only	Shot Put	Mosquito and up
100M	All Ages	Javelin	Mosquito and up
4x100m	Mosquitos and up		
400M	Mosquitos and up		
1500M	Mosquitos and up		
200M	Mosquitos and up		
800M	Mosquitos and up		
4x400M	Mosquitos and up		

**April 20<sup>th</sup> - 1:30p.m.**

<b>Order of running Events</b>	<b>Running events age groups</b>	<b>Field Events</b>	<b>Field Evens Age groups</b>
<b>Teams: Meadowbrook, Loyal Heights, Delridge, Garfield, Jefferson, Queen Anne</b>			
3000M	Bantams and up	Long Jump	All Ages
50M	Fleas, Mosquito, and Bantams only	Shot Put	Mosquito and up
100M	All Ages	Javelin	Mosquito and up
4x100m	Mosquitos and up		
400M	Mosquitos and up		
1500M	Mosquitos and up		
200M	Mosquitos and up		
800M	Mosquitos and up		
4x400M	Mosquitos and up		



**April 27<sup>th</sup> 10:00a.m.**

<b>Order of running Events</b>	<b>Running events age groups</b>	<b>Field Events</b>	<b>Field Evens Age groups</b>
<b>Teams: Rainier Beach, Meadowbrook, Garfield, Ballard, Green Lake, Jefferson</b>			
3000M	Bantams and up	Long Jump	All Ages
50M	Fleas, Mosquito, and Bantams only	Shot Put	Mosquito and up
100M	All Ages	Javelin	Mosquito and up
4x100m	Mosquitos and up		
400M	Mosquitos and up		
1500M	Mosquitos and up		
200M	Mosquitos and up		
800M	Mosquitos and up		
4x400M	Mosquitos and up		

**April 27<sup>th</sup> - 1:30p.m.**

<b>Order of running Events</b>	<b>Running events age groups</b>	<b>Field Events</b>	<b>Field Evens Age groups</b>
<b>Teams: High Point, Queen Anne, Loyal Heights, Delridge, Magnuson</b>			
3000M	Bantams and up	Long Jump	All Ages
50M	Fleas, Mosquito, and Bantams only	Shot Put	Mosquito and up
100M	All Ages	Javelin	Mosquito and up
4x100m	Mosquitos and up		
400M	Mosquitos and up		
1500M	Mosquitos and up		
200M	Mosquitos and up		
800M	Mosquitos and up		
4x400M	Mosquitos and up		



**May 4<sup>th</sup> - 10:00a.m.**

Order of running Events	Running events age groups	Field Events	Field Evens Age groups
<i>Teams: High Point, Garfield, Magnuson, Meadowbrook, Queen Anne</i>			
3000M	Bantams and up	Long Jump	All Ages
50M	Fleas, Mosquito, and Bantams only	Shot Put	Mosquito and up
100M	All Ages	Javelin	Mosquito and up
4x100m	Mosquitos and up		
400M	Mosquitos and up		
1500M	Mosquitos and up		
200M	Mosquitos and up		
800M	Mosquitos and up		
4x400M	Mosquitos and up		

**May 4<sup>th</sup> - 1:30p.m.**

Order of running Events	Running events age groups	Field Events	Field Evens Age groups
<i>Teams: Loyal Heights, Rainier Beach, Green Lake, Jefferson, Ballard, Delridge</i>			
3000M	Bantams and up	Long Jump	All Ages
50M	Fleas, Mosquito, and Bantams only	Shot Put	Mosquito and up
100M	All Ages	Javelin	Mosquito and up
4x100m	Mosquitos and up		
400M	Mosquitos and up		
1500M	Mosquitos and up		
200M	Mosquitos and up		
800M	Mosquitos and up		
4x400M	Mosquitos and up		

**May 11<sup>th</sup> - 10:00a.m.**

Order of running Events	Running events age groups	Field Events	Field Evens Age groups
<b>Teams: High Point, Delridge, Meadowbrook, Garfield, Loyal Heights, Ballard</b>			
3000M	Bantams and up	Long Jump	All Ages
50M	Fleas, Mosquito, and Bantams only	Shot Put	Mosquito and up
100M	All Ages	Javelin	Mosquito and up
4x100m	Mosquitos and up		
400M	Mosquitos and up		
1500M	Mosquitos and up		
200M	Mosquitos and up		
800M	Mosquitos and up		
4x400M	Mosquitos and up		

**May 11<sup>th</sup> - 1:30p.m.**

Order of running Events	Running events age groups	Field Events	Field Evens Age groups
<b>Teams: Rainier Beach, Queen Anne, Jefferson, Green Lake, Magnuson,</b>			
3000M	Bantams and up	Long Jump	All Ages
50M	Fleas, Mosquito, and Bantams only	Shot Put	Mosquito and up
100M	All Ages	Javelin	Mosquito and up
4x100m	Mosquitos and up		
400M	Mosquitos and up		
1500M	Mosquitos and up		
200M	Mosquitos and up		
800M	Mosquitos and up		
4x400M	Mosquitos and up		

**May 18<sup>th</sup> - 10:00a.m. Championships**

<b>Order of running Events</b>	<b><i>Running events age groups</i></b>	<b><i>Field Events</i></b>	<b><i>Field Evens Age groups</i></b>
<b><i>Teams: All Community Centers</i></b>			
3000M	Bantams and up	Long Jump	Mosquito and up
50M	Mosquito, and Bantams only	Shot Put	Mosquito and up
100M	Mosquitos and up	Javelin	Mosquito and up
4x100m	Mosquitos and up		
400M	Mosquitos and up		
1500M	Mosquitos and up		
200M	Mosquitos and up		
800M	Mosquitos and up		
4x400M	Mosquitos and up		



**Seattle  
Parks & Recreation**

healthy people healthy environment strong communities