

City of South Lake Tahoe Parks & Recreation Department  
**SOUTH LAKE TAHOE THURSDAY NIGHT  
ALL-COMER**

**TRACK & FIELD MEET**

**Community Youth Sports Complex @ South Tahoe Middle School**

**Information: [WWW.ADSPORTSTAHOE.COM](http://WWW.ADSPORTSTAHOE.COM)**

**Order of Event Schedule  
Every Thursday, June 25, August 13, 2009**

**Free Registration!** Opens at 5:00pm >>>> (Give time to complete SLTPR-WAIVER)

**Field Events begin at 5:30pm**

High Jump            10yrs & Older  
Long Jump            8yrs & Older  
Standing Long Jump    5-7yrs old **(ONLY!)** Starts at 6:00pm pit #2  
Shot Put            10yrs & Older  
Discus            11yrs & Older  
Pole Vault            14yrs & Older

Pit Setup @ **4:00pm**; Competition @ **5:00pm**; Pit cleanup @ **7:00pm**  
(All Vaulters must help with Pit; a certified PV coach/official must be present)

**Next jump: June 25, July 2 - 16 - 30, August 13**

**Running Events begin at 5:45pm**

100m HH Women (33')  
110m HH Men (36'/39'/42")  
*1600 meter (Joggers Mile)*  
*1500 meters (Mile time under 6:00 minutes)*  
100 meters 7yrs & Older  
**Kids Races start approximately 6:30pm to 7:00pm (2yrs old -10yrs old)**  
25 meters (5yrs & under)>>>50 meters (10yrs & under)  
400 meters 7yrs & Older  
Football 40 meter Dash (2009-10 season players only all ages)  
4x100 Shuttle Family Relay Teams ([shuttle relay/family feud](#))  
800 meters 7yrs & Older  
200 meters 7yrs & Older  
3000 meters

Please check website: [WWW.ADSPORTSTAHOE.COM](http://WWW.ADSPORTSTAHOE.COM) for more information results and updates.