



**2021**

**INLAND NORTHWEST**

**ASSOCIATION**

**TRACK & FIELD CHAMPIONSHIPS**

**Saturday June 4 – Ridgeline High School – 8:30 am to 5:00 pm**

 **HOST:** Valley Flash

|  |  |
| --- | --- |
| **Age Division** | **Year of Birth** |
| 8 & Under | 2014+ |
| 9 - 10  | 2012-2013 |
| 11 - 12  | 2011-2010 |
| 13 - 14  | 2008-2009 |
| 15 - 16  | 2007-2006 |
| 17 - 18  | 2004-2005 |

 **AWARDS:** Medals to the Top 3, Ribbons to 4-6 finishers

 **ENTRY FEE:** $8.00 per event

 **RELAY TEAM FEE:** $24.00 per relay

 **ENTRY DEADLINE:** Thursday June 2 at 7:00 pm

 **IMPORTANT:** **No Day of Meet Registration**

**NO CHANGES to events or**

**declaration of team**

 **TO ENTER:** **Entries are online only**

 **CONTACT:** Shannon Castelda

 (srcastelda14@hotmail.com) or by phone: 509-893-2800

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 **COMBINDED EVENT & STEEPLECHASE ATHLETES**

 1. The combined events & Steeplechase will not be contested

 at the Association Championships

 2. Hammer will be contested at Central Valley High School and will begin

 At 8:30am

***See schedule of events on the backside and age groups***

**Inland NW Association Track & Field Championships**

**Age Groups may be combined whenever possible**

 **Schedule can run up to 1 hour behind/ahead**

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**Saturday June 4 9:30 am**  3000m all age divisions (Girls followed by Boys)

10:10am 100m all age divisions (Girls followed by Boys, youngest to oldest)

11:10am 4X 800m relay all age divisions (girls followed by Boys)

11:30am 80m Hurdles 11-12 (Girls followed by Boys)

11:45am 100m Hurdles 13-14 Girls

12:00pm 100m Hurdles 13-14 Boys 12:05pm 100m Hurdles 15-16 /17-18 Girls

12:20pm 110m Hurdles 15-16 /17-18 Boys

12:35pm 200m Hurdles 13-14 Girls followed by Boys

**in the listed order** 12:50pm Racewalk al age divisions

 1:10pm 1500m all age divisions (girls followed by boys, youngest to oldest)

1:55pm 4x100m Relay all age divisions (girls followed by boys, youngest to oldest)

2:15pm 400m all age divisions (girls followed by boys, youngest to oldest)

3:00pm 400m Hurdles all age divisions (girls followed by boys, youngest to oldest)

 3:15pm 800m all age divisions (girls followed by boys, youngest to oldest)

 3:55pm 200m all age divisions (girls followed by boys, youngest to oldest)

 5:00pm 4x400m Relay all age divisions (girls followed by boys, youngest to oldest)

**LONG JUMP (PIT #1) – 11:00 am SHOT PUT (Ring #1) – 9:00 am HIGH JUMP – 10:00 am**

11-12 Girls 8 & Under Girls 2kg 17-18 Girls/Boys

11-12 Boys 8& Under boys 2kg 15-16 Girls/ Boys

13-14 Girls 9-10 Girls 6# 13-14 Girls/Boys

13-14 Boys 9-10 Boys 6# 11-12 Girls/Boys

15-16 Girls 11-12 Girls 6# 9-10 Girls/Boys

17-18 Girls 11-12 boys 6# Open Masters Women

Open/ Masters Women Open Masters Men

**LONG JUMP (PIT #2) – 11:00 am SHOT PUT (Ring #2) – 9:00 am JAVELIN – 11:00 am**

8u Boys 13-14 Girls 6# 11-12 Girls 450g

8U Girls 13-14 Boys 4kg 11-12 Boys 450g

9-10Boys 15-16/17-18 Girls 4kg 9-10 Girls 300g

9-10 Girls 16-16/17-18 boys 12# 9-10 Boys 300g

15-16 Boys Open Masters Women 8-u Girls 300g

17-18 Boys Open Masters Men 8-U Boys 300g

Open Masters Men 17-78 Boys 800g

 15-16 Boys 800g

 13-14 Girls 600g

 13-14 Boys 600g

 15-16/17-18 Girls 600g

 Open Masters Women

 Open Masters Men

**DISCUS – 10:00 am** **POLE VAULT – 9:30 am Triple Jump- 9:00 am**

15-16/17-18 Boys 1.6kg 13-14 Boys 17-18 Girls

15-16/17-18 Girls 1kg 13-14 Girls 17-18 Boys

13-14 Girls 1kg 15-16/17-18 Girls 15-16 Girls

11-12 Girls 1kg 15-16/17-18 Boys 15-16 Boys

13-14 Boys 1kg Open Masters Men 13-14 Girls

11-12 Boys 1kg Open Masters Women 13-14 Boys

Open and Masters Men Open Masters Women

Open and Masters Women Open Masters Men

**Hammer – 8:00 am Weight Throw**

**CVHS ring** Follows Hammer

15-16 Girls

15-16 Boys

17-18 Girls

17-18 Boys

Open/Masters Women

Open/ Master Men