



Community Colleges of Spokane

Summer All Comers Track and Field Series

June 8 and June 22 SFCC Campus Track

SFCC Meet Events and Schedule

\$5.00 per person unlimited events

5:30 p.m. Throwing Events

5:30 p.m. Jumping Events

6:15 p.m. Running Events

5:30 Open Long Jump (open pit - 4 jumps each)

5:30 Open High Jump (open pit)

5:30 Open Shot Put (open ring - 4 puts each) June 8 / Discus June 22

6:00 Open Pole Vault

6:15 400 Relay (any kind of team is welcome)

6:30 1500 run/walk

6:45 50 yard dash (ages 8 and under)

6:55 200 dash

7:25 Open 800 meter-dash

7:00 Open Hammer (open ring - 4 throws each, age 13+)

7:40 *Distance Event of the week

8:30 Open 1600 Relay (any kind of team is welcome)

