

First Annual

"BATTLE of the AGES"

All Comers ★ All Ages ★ Age Graded!

Track & Field Meet

**Natomas High School ★ 3301 Fong Ranch Rd.
Sacramento**

Thursday Evenings

June 25 ★ July 2 ★ July 9 ★ July 16 ★ July 23

- **Times**
5:30 pm: Registration
6:00 pm: Running & field events begin, except pole vault (5 p.m. with registration at 4:30 p.m.)
- **\$5 (cash only) per meet for unlimited events**
- **Age Graded Scoring means all ages of competitors can compete together and marks will be graded according to age.**
- **Fully Automatic Timing**
- **Snack Bar**
- **Free Admission for Spectators**
- **Meet Director: Efrem McCrimmon**
Phone: 916-519-5337
email: efremmc1@comcast.net
- **Proceeds to benefit the Natomas High School Track & Field team.**



Running Events

4x100m relay (bring your baton)
1500m
Short Hurdles (80m, 100m/ 110m)
400m
100m
800m
200m
3000m

Field Events

Pole Vault (begins at 5 p.m.)
Shot Put
Turbo Javelin (300g / 600g)
Long Jump (open pit)
Triple Jump (open pit)
High Jump

Sponsored by the Pacific Association of USA Track & Field. Find more information at PAUSATF.org.