



Track & Field [Athletics]

King County Spring Events and Programs

2017 Season

Special Olympics



Track and Field [Athletics]

Regional Event Info



2017 KING COUNTY REGION ATHLETICS MEET

Registration Deadline: *Friday, April 7th 2017*

Event Date: *Saturday, April 22nd, 2017*

LOCATION: **Shoreline Stadium**

Directions to the Stadium:

- Take Interstate 5 North of Seattle to the NE 175th St. exit (exit #176)
- Go west on NE 175th St (left turn off of the freeway northbound, right if southbound)
- Turn right on Meridian Ave North
- Turn right on NE 185th St. to 18560 1st Ave NE
- The stadium is behind the gym and Shoreline Center

SCHEDULE:

7:00	– Begin Event Set Up
7:30 - 8:00 am	– Shift 1: Volunteer Registration & Team Check-In
8:00 am	– Coaches Meeting
8:15 am	– Volunteer orientations <u>at each event area</u>
8:30 am	– Long Distance Races Begin (5k & 10k Runners/Walkers)
11:00 - 11:30	– Shift 2: Volunteer Registration

Competition Ends - Approximately 5:00pm

LUNCH: Provided for all athletes, coaches and volunteers

WATER: A limited supply of bottled water will be available. Personal water bottles are strongly recommended for all athletes. Remember to stay hydrated!

WEATHER: Dress for the weather!

AWARDS: Given out continuously throughout the day

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