



2025 Southwest Regional Athletics Competition

 **Sunday, April 27, 2025**

FACILITY LOCATION



Mt. Tahoma High School

4634 S 74th St.
Tacoma, WA 98409

PRIOR TO EVENT

*Please submit any corrections
prior to this event.*

*Attend the Pre-Season Coaches
Meeting March 31 @ 7pm.*

*Submit any scratches if you have
any at Marshalling! Please bring
your relay forms to Marshalling.*

SCHEDULE OF EVENTS

7:00AM Check- In Begins

7:45AM Coaches Meeting (Post Race Staging)

8:00AM First Call (First Race)

8:15AM First Race Begins on the track

8:30AM Field Events First Calls

9:00AM Merchandise Opens

10:00AM Hospitality Opens

4:00PM Merchandise Closes

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EVENT STAFF

SOWA staff will be located all around the venue, if you need to reach one they will have radios

COMPETITION

Please be LISTENING to the calls that will be going over the loud speaker. In your coach's packet is a breakdown of all your athletes' divisions. For Athletics, be prepared to take your athletes to marshaling when the division is called.

Track takes precedence over Field events

FIRST AID

Emergency Management Group (EMG) will be on site to conduct any needs for the event.

Mobile EOC #253-666-8340

Please report all injuries and fill out an accident/incident form.

Please remember to bring all Athlete Registration Form's with you.

EVENT INFORMATION

Merchandise will be on site and available for purchase! We also have an online store if you don't find what you like on site.

<https://sowawear.itemorder.com/shop/home/>

Keep in mind that this is to be a fun and competitive event. Sportsmanship is expected from all coaches, parents and participants.

AWARDS

Will be presented throughout the day as races finish.

*Advancements for the 2025 Spring Games will be determined closer to the event date.
Unless otherwise noted by Nicole Becker; Sr. Manager of Competition & Operations; Western Washington*