

2023 Southwest Regional Athletics Competition



Sunday, April 30, 2023

FACILITY LOCATION



Mt. Tahoma High School
4634 S 74th St.
Tacoma, WA 98409

PRIOR TO EVENT

Coaches should attend Coaches meeting on the track and pick up their coaches packets at check in.

Submit Scratch sheets and Relay Forms

SCHEDULE OF EVENTS

7:00 AM Check-In Begins

7:45 AM Track & Field Open for Warmups

8:00 AM Coaches Meeting (Concessions)

8:15 AM Opening Ceremonies


8:30 AM First Races Begin

9:00 AM Merchandise is Open for Business

11:30 AM – 12:30PM Lunch Pick-Up

5:00 PM Conclusion of Competition (Tentative)

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EVENT STAFF

SOWA staff will be located at both the track and field.

COMPETITION

Competition will be between 8:30 am - 5pm. Please be watching the divisions shown on the sticks on the track. 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 shown.

FIRST AID

A first aid tent will be posted at both competition areas.

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

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

EVENT INFO

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.