

# 2023 Northwest Regional Athletics Competition



 Sunday, April 29, 2023

## TRACK LOCATION



**Juanita High School**  
10601 NE 132nd St,  
Kirkland, WA 98034

## PRIOR TO EVENT

*Please submit any  
corrections prior to this  
event.*

*Attend Coaches Meeting*

*Submit Scratches if you  
have any*

## SCHEDULE OF EVENTS

**7:00 AM** Check - in Begins

**7:45 AM** Coaches Meeting (Post Race Staging)

**8:00 AM** First Race Kicks Off *(10k or 25 laps!)*

**8:15 AM** Merchandise is Open for Business

**8:30 AM** Field Events First Calls

**9:00 AM** Hospitality Tent Open

**9:00 AM** 25 M W/C Obstacle First Call

**9:15 AM** Continued Track Events Begin

**12 PM - 1 PM** Lunch Pick-Up (By Merchandise)

**4:30 PM** Conclusion of Competition (Tentative)



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## Event Staff

*SOWA staff will be located all around the venue - but if you need to reach one they have radios.*

## COMPETITION

*Competition is between 8:00 am - 4:50pm.  
Please be listening to the calls In your coaches packet is a breakdown of all of your athletes divisions. Be prepared to take your athletes to marshaling when the division is called. Track takes precedence over the field events.*

## MERCHANDISE

*Merchandise will be on site and available for purchase!*

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

## FIRST AID

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

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

## AWARDS

*Will be presented throughout the day as races finish.*

*Advancements will be determined closer to the competition.*

*Unless otherwise noted by Nicole Becker; Sr Manager of Competition & Operations, NW Region.*

