



ALL-COMERS TRACK & FIELD

2018

Bellingham Parks & Recreation - 210 Lottie St. Bellingham, WA 98225 / 360-778-7000 / parks@cob.org

Day/Dates: Mondays, June 11 – August 27, 2018

Fees: Day Pass: \$5/meet

Season Pass: \$30 Individual & \$90 Family (must reside in same household)

Location: Squalicum High School—3773 E McLeod Rd

All-Comers meets are designed for athletes of all ages and abilities.

- All participants receive a ribbon.
- The first 3 participants in each heat are timed.
- The Jogger’s Mile is FREE — no watches allowed.
- Please contact us or visit our website for more information.



www.cob.org/races



ALL-COMERS TRACK & FIELD—2018

Please list additional family member names on back. Complete one form each season.

Participant’s Name _____ Phone _____ Email _____

Address _____ City _____ State _____ ZIP _____

Parent/Guardian Name (print) _____ Type of pass: Day Individual Season Family Season

All participants must sign the following release. Parents or guardians must sign for minors. I/We, realizing no insurance coverage is provided for the participants, will assume financial responsibility for any cost relating to any accident or injury that might occur while participating in above-named program. Furthermore, I will not hold the City of Bellingham, employees, volunteers or anyone otherwise involved in named programs responsible for any accident or injury that might occur. Participants grant the City of Bellingham permission to use photographs, other recordings or personal data for legitimate purposes.

Participant’s Signature _____ Date _____

Parent/Guardian Signature _____ Date _____



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FIELD EVENTS

Discus	(cancelled for 2018)	7:30-9pm
Javelin	(cancelled for 2018)	7:30-9pm
Long Jump	7 - 12 (Pit A)	6-7:30pm
	6 & younger (Pit B)	6-7:30pm
	13 & up (Pit A)	7:30-9pm
Triple Jump	11 & up (Pit B)	7:30-9pm
Shot Put	All ages	7:30-9pm
Mini Javelin	12 & younger	6-7:30pm
High Jump	11 & older	6:30pm
	(High jump will start at 3')	
Pole Vault	Pit A Start height 6'	6:30pm
	Pit B Start height 11'	

- Open pit during designated times only. Participants receive 3 throws or jumps.
- Pole vaulters must be able to jump 6' safely on their own.

RUNNING EVENTS

50m hurdles	6 & under	6pm
50m hurdles	7-12	6:30
50m	7-12	6pm
50m	6 & under	6:30
100m	12 & under	7pm
100m	13 & up	7pm
800m	All ages	7:30
200m	All ages	7:45
Jogger's Mile	7 & up	8:15
4 X 100m Relay	All Ages	8:30
400m	All ages	8:40
1500m	7 & up	8:50
5K/3K	11 & up	8:55

- The 5K will only run the last Monday of the month. The 3K will run July 2 & Aug 20 These events will cancel the 1500m

All times are estimates.

Please keep a copy of this schedule for your future convenience.

Family Members

(must reside at household listed opposite)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____