



City of Salem Parks and Recreation

2023 All Comer Track & Field Meets

July 5, 12, 19, and 26

South Salem High School Track

1910 Church St. SE, Salem, OR

\$5 / three events or fewer
\$10 / unlimited events

Prices are per participant and per meet.

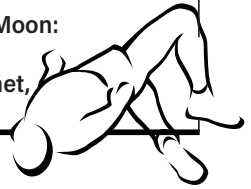
Register Online: egov.cityofsalem.net/parksrec

The summer recreational **All Comer Track & Field Meets** for youth of all abilities, ages 12 and under, provide participants with the opportunity to perform to the best of their ability, develop sportsmanship, **and to have fun!**

We ♥ teen volunteers!

Teens, 13-15, wanting to volunteer can assist at the field events, with the running events, and more.

Text or email Melinda Moon:
971-209-5831,
mmoon@cityofsalem.net,
for more information.



EVENTS / AGE DIVISIONS

4 & Under Mixed	5-6 Mixed	7-8 Boy/Girl/Mixed	9-10 Boy/Girl/Mixed	11-12 Boy/Girl/Mixed
50 m	50 m	50 m	100 m	100 m
100 m	100 m	100 m	200 m	200 m
Softball Throw	200 m	200m	400 m	400m
Long Jump	400 m	400 m	1500m	1500 m
	Softball Throw	1500 m	Shot Put	Shot Put
	Long Jump	Softball Throw	Long Jump	Long Jump
		Long Jump	High Jump	High Jump
		High Jump		

CITY OF *Salem* AT YOUR SERVICE

Parks and Recreation

555 Liberty Street SE, Salem, OR 97301-3513

Customer Service: 503-588-6261 www.cityofsalem.net/recreation

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Long Jump	400 m	400 m	1500m	1500 m
	Softball Throw	1500 m	Shot Put	Shot Put
	Long Jump	Softball Throw	Long Jump	Long Jump
		Long Jump	High Jump	High Jump
		High Jump		

FIELD EVENTS SCHEDULE

Time	High Jump	Long Jump	Shot Put/ Softball Throw
5:45 p.m.	Ages 9-10	Ages 6 & Under	Ages 7-8
6:00 p.m.	Ages 7-8	Ages 11-12	Ages 9-10
6:15 p.m.	Ages 11-12	Ages 7-8	Ages 6 & Under
6:30 p.m.		Ages 9-10	Ages 11-12

RUNNING EVENTS SCHEDULE

Running events begin at 7:00 p.m. and will be held in this order:

1. 50 m dash (7-8, 5-6, then 4 & under)
2. 1500 m run (all ages)
3. 100 m dash (4 & under, 5-6, 7-8, 9-10, then 11-12)
4. 400 m run (5-6, 7-8, 9-10, then 11-12)
5. 200 m dash (5-6, 7-8, 9-10, then 11-12)

Starting blocks and spikes are not allowed.

RESULTS
