

2022 Pine Cone Track & Field Classic
Ridgeline High School
June 5, 2022

MEET INFORMATION

- SCHEDULE:** See the schedule on the following page. This meet will follow a timed schedule. The final schedule will be released following the entry deadline of ~~May 31st~~ **EXTENDED to June 3.**
- ENTRY DEADLINE:** All entries are due using [Simply Register](#) Final entries are due by ~~May 31st~~ **June 3rd** at 8pm. However entries for the 5000m, the community motivational mile and the Toddler / ParaSport Futures events will be accepted up to 8pm June 4, email for details.
- ENTRY FEE:** \$25.00 Per athlete
Scholarships are available for Military Veterans, please inquire
- RESULTS AND TIMING:** Athletictiming.net will be providing all timing and live results.
- SCRATCHES:** We would like to avoid any additions on meet day and limit scratches on meet day.
- FACILITIES:** ¼" pyramid spikes only. Synthetic Beynon track surface. Throwing events will be conducted outside of the stadium on the throwing fields. Long Jump will be staged on the west side of the stadium, long jump runways.
- MEDICAL:** We will have medical services on site.
- ACCOMMODATIONS:** We do not have a hotel arrangement set-up at this time, however, here are some close-by options that we recommend for consideration.
Tru By Hilton -E Mansfield Ave, Spokane Valley -5.3 miles from Ridgeline
Hampton Inn E Indiana Ave, Spokane Valley-4 miles from Ridgeline
Ruby River Hotel -Division St, Downtown Spokane -15 miles from Ridgeline
- SEATED THROWS:** 6 consecutive throws will be marked for each seated thrower and their distances subsequently measured at the end of their 6 throws
- GUIDE RUNNERS:** If interested in guide running, or in search of a guide runner, please contact us.
- NUMBERS:** Please place athlete numbers On The Chest or on the Left Side of the racing wheelchair frame
- QUESTIONS:** Please contact David Greig at (509)850-6858 or email dgreig@parasportspokane.org

Tentative schedule ~ Subject to change

All changes will be posted on the meet website:

<https://www.parasportspokane.org/pineconeclassic.html>

Sunday, June 5, 2022

Track (10:00am Start)

10:00am Mile Run
10:30am 400m
Toddler Run / Futures
11:00am Experience
11:15am 1,500m
12:00pm 100m
12:30pm 800m
1:15pm 200m
1:45pm 5,000m

Field (9:30am Start)

9:30am Seated Shot Put -combined
9:45am Ambulatory/Open Discus
-Female followed by Male
10:45am Long Jump
-Female followed by Male
11:30pm Seated Discus-Combined
12:15pm Ambulatory/Open Shot Put
-Male followed by Female
1:30pm Seated Javelin-Combined
Ambulatory/Open Javelin
-Male followed by Female

11:00am ParaSport Futures Para Track and Field Experience
60m / Ball Throw / Turbo Jav

*The time schedule will be adhered to as closely as possible.
The meet will not run ahead of schedule.