

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

FINAL schedule

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

11:00am Toddler Run / Futures
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 -Male
followed by Female

9:45am Ambulatory/Open Discus

10:45am Long Jump
-Female followed by Male

11:30pm Seated Javelin-Male Followed
by Female
-Female followed by Male

12:15pm Ambulatory/Open Shot Put
-Female followed by Male

1:30pm Seated Discus-Combined
-Female followed by Male

1:30pm Ambulatory/Open Javelin
-Female followed by Male

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.

Follow Live Results:

