



CCS 49TH ANNUAL BIGFOOT ALL-COMERS TRACK & FIELD MEETS

Wednesday, June 7 • 14 • 21 • 28
Spokane Falls Community College • 3410 W Whistalks Way

Parking

Please park in the main lot (P9) to keep the stadium road clear for CCS employees & emergency vehicles.

Entry Fee

Anyone who wants to compete, \$5.00 per athlete, cash only. Please sign in and pay at the Clerk's table near the Finish Line.

Special Events

We are always looking to serve the needs of the area's best athletes. Special events may be inserted into the schedule at any time with notice.

Volunteer Officials

Officiating assistance is appreciated & very much needed. Qualified or inexperienced help is always appreciated. The events can only be run with help from volunteers.

Awards

Given for 1st – 3rd place for each age division and will consist of a Blue, Red or White Sasquatch Foot.



Events Time Schedule

5:00PM Throwing
6:00PM Jumping & Running

Play-by-Play

5:00PM Throws of the week*
5:30PM Pole Vault (High School+ only)
6:00PM Jumps - High & Long
6:00PM 4x100m Relay (any team welcome)
6:20PM 1500m Run/Walk
6:40PM 50 Yard Dash (ages 8 & under)
7:15PM Sprint of the Week* (100 or 200m)
7:25PM 400m Dash
7:40PM 800m Run
7:55PM Distance Race of the Week (5k or 3k Stpl)
8:20PM 4x400m Relay (Any team welcome)

Variable Events*

June 7 (100m, 5k)(Hammer Throw, Javelin)
June 14 (200m, 3k Steeplechase)(Shotput, Discus)
June 21 (100m, 5k)(Hammer Throw, Javelin)
June 28 (200m, 3k Steeplechase)(Shotput, Discus)

*Shot Put and Discus (open ring - 4 puts each)

*Hammer Throw (High School+ only - 4 throws)

*Javelin (open runway - 4 throws each, age 13+)

A big crowd may cause us to be a bit behind schedule.

Volunteers are always welcome ☺

Community Colleges of Spokane does not discriminate on the basis of race, color, national origin, sex, disability, sexual orientation or age in its programs, activities or employment. Marketing and Public Relations 05/2023 ER.

Meet Directors:

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