



Tigard Parks & Rec Summer Track Meet is designed to create a low-pressure, fun, and active experience for youth.

Thursday, July 18 | Twality Middle School (14650 SW 97th Ave) | 6 – 8:30 PM | Ages 6-14| Free

Schedule of Events:

6-6:30 PM | Check-in required for all participants

- 6:30 | 100m dash*
- 6:45 | 1500m run
- 7:05 | 400m dash*
- 7:20 | 200m dash*
- 7:35 | 800m run
- 7:50 | 4x100m relay (any age/gender combo)
- *Heats will be run based on age, starting with youngest to oldest.
- 6:30-7:30 | Catch Tail Ball Throw | Center Field
- 6:30-7:30 | Standing Long Jump | Center Field