

6th Annual Red-Line Sonja Knowles Track Classic



Red-Line **SONJA KNOWLES** TRACK CLASSIC

**6TH ANNUAL
TRACK MEET**

AGES UNDER 7 - MASTERS

**SAT. JAN 31. 2026
10AM-6PM**

**SUN. FEB 01. 2026
1PM-6PM**

THE OLD TAR

**"WHERE CHAMPIONS
ARE MADE"**

Saturday January 31st, 2026 - 10:00 am to 6:00 pm

Sunday February 1st, 2026 - 1:00 pm to 6:00pm

Original Thomas A. Robinson Stadium

Entry Deadline: January 24th, 2026

Meet Entry Fee: \$25 per person, Masters/Open \$25.00 per person, Relays \$10 per team

All persons registering after 24th January, 2026: Entry Fee \$40 per person

*Entry Adjustments Deadline Tuesday 27th January, 2026, 5:30 p.m.

Packages distributed Thursday, January 29th, 2026

Meet Directors Coach Tito Moss & Coach Earl Rahming

Age Groups: U7, U9, U11, U13, U15, U17, U20, Open M/F (20-40), & Masters (40-99) F/M

Events Offered:

U7: G/B 60M, 150M, 300M 4x50M Shuttle Relay, Mix 4x200M, baseball throw
U9: G/B 80M, 150M, 300M 4x50M Shuttle Relay, Mix 4x200M, baseball throw
U11: G/B 100M, 200M, 400M, 800M, 4x100M, Mix 4x200M (2B&2G), LJ
U13: G/B 100M, 200M, 400M, 800M, 4x100M, Mix 4x200M (2B&2G), LJ
U15: G/B 100M, 200M, 400M, 800M, 1500m, 75MH, 300MH, 4x100M, MIX 4x400M (2B&2G) LJ, SP, Disc
U17: G/B 100M, 200M, 400M, 800M, 1500M, 3000M, 100MH, 110MH, 400MHx, 4x100M, Mix 4x400m, LJ, HJ, TJ, Jav., Disc., SP
U20: G/B 1000M, 200M, 400M, 800M, 1500M, 100MH, 110MH, 400MH, 4x100M, Mix 4x400m, HJ, LJ, TJ, Jav., Disc., SP
Open: F/M 100m, 200m, 400m, 800M, 1500m, 3000M, 5000M, 100MH, 110MH, LJ, TJ, HJ, SP, Disc., Jav., Pole Vault
Masters: F/M- 100M, 200M, 400M, 800M, LJ, Coaches Mix 4x100m (M,F,M,F)

- **DIVISIONAL TROPHIES AWARDED TO CLUBS 1st, 2nd & 3rd Place All Divisions Except MASTERS**
- **MVP Crystal Trophies for Boys and Girls in U7 to U20**
- **TROPHIES for ALL Master Events Winners Male and Female**
- **Coaches 4x100m 2 Female & 2 Male Coaches (M,F,M,F)-Trophies for winning team**

Featured Events:

Coach Tito Moss-U15 Boys 800m Coach Mike Armbrister U20 Boys 400mh Coach Earl Rahming-U20 Boys 400m
Coach Cerio Rolle U17 Boys 800m Coach Alexis Roberts U20 Boys 800m Coach Adrian Curry U20 Boys 100m
Coach Kryshell Rolle U20 Girls 100mh Coach Rachante Rahming U17 Girls 400mh Coach Megan Moss U17 Girls 400m
Coach Debbie Ferguson-Mc Kenzie U20 Girls 100m

*** All Featured events winners will receive a Gold Medal & Featured Event Trophy**

***NO REGISTRATION OR CHANGES ON DAY OF THE MEET**

SANCTION: Sanctioned by the BAAA, Listed on World Athletics Global Calendar & Carifta Games Qualifying Meet
OFFICIALS: Bahamas Association of Certified Officials (BACO)
SCHEDULE: A rolling time schedule
TIMING: FULLY AUTOMATIC TIMING will be used- (TEK- TEAM)
RESULTS: **All TRACK events will be timed finals. Except 100m, 200m, 400m (ages U11 to open)**
ALL FIELD events will have 3 attempts. Top 8 will receive 3 more attempts (U17 to Open)/ ONLY

High Jump:

Progressions: U17 Girls 1.32m 5cm intervals to 1.52m; then 2cms
U17 Boys 1.57m 5cm intervals to 1.82m; then 2cms
U20 Girls/Open 1.37m 5cm intervals to 1.62m; then 2cms
U20/Open Boys 1.80m 5 cm intervals to 2.00m; then 2cms

ATTIRE: NO ATHLETE WILL BE ALLOWED TO COMPETE IN NATIONAL TEAM UNIFORMS
SECURITY: The Royal Bahamas Police Force & Defence Force will provide security
MEDICAL: Medical/ Team -Will be in place both days

Registration: www.COACHOREGISTRATION.com

TELEPHONE: (242)425-4262- Coach Tito Moss

Red-Line Sonja Knowles Track Classic

Schedule DAY 1

SATURDAY- 31st January, 2026 10:00am to 6:00pm

Track Events

ROLLING TIME FOLLOWED

10:00 am SHARP

75MH U15 G FINAL
80MH U15 B FINAL
100MH U-17 G FINAL
100MH U20-G, Open W FINAL
110MH U17-B FINAL
110MH U20-B, Open M FINAL

300M U7 & U9 G/B Timed Finals
400M U11 & U13 G/B HEATS
400M U15 G/B HEATS
400M U17 & U20 G/B HEATS
400M Open M/F HEATS
400M Mast. M/F HEATS

60m U7 G/B Timed Finals
80m U9 G/B Timed Finals
100m U11 & U13 G/B HEATS
100m U15 & U17 G/B HEATS
100m U-20 G/B HEATS
100m Open/Masters F/M HEATS

1500M U15 & U17 G/B FINAL
1500M U20 & OPEN F/M FINAL

100M U11- U13 G/B FINAL
100M U15 G/B FINAL
100M U17 G/B FINAL
100M U20 G/B FINAL
100M Mast. M/F FINAL

400M U11 & U13 G/B FINAL
400M U15 & U17 G/B FINAL
400M U20 G/B FINAL
400M Open M/F FINAL
400M Mast. M/F FINAL

Coaches 4x100M FINAL (M,F,M,F)

4x50 Shuttle U7 & U9 G/B FINAL
4x100m U11 & U13 G/B FINAL
4x100m U15 & U17 G/B FINAL
4x100m U20 G/B FINAL

Field Events

ROLLING TIME FOLLOWED

10:00am SHARP

U15B, U17B, U20B, Open - Discus
U15G, U17G, U20G, Open- Discus

U17 B, U20 B, Open M-Javelin
U17 G, U20 G, Open G-Javelin

U11, U13, U15, Girls & Open W- Long Jump
U11, U13, U15, Boys & Open M-Long Jump

U17, U20, Open & Masters M- Long Jump
U17, U20, Open & Masters W- Long Jump

Open Men/Women- Pole Vault

N.B:- ALL Throwing Events, LJ & TJ- 3 jumps/throws. Top 8 will have 3 more jumps/throws.)This applies to U17 - OPEN ONLY. All other age groups 3 throws/3 jumps U11-U15.

Red-Line Sonja Knowles Track Classic

Schedule DAY 2

SUNDAY- 1st February, 2026 1:00pm to 6:00pm

Track Events

Track Events begin a 1:00pm

*ROLLING TIME FOLLOWED

1:00 pm SHARP

5000M OPEN M FINAL

300MH U15 G/B FINAL

400MH U17G FINAL

400MH U20G FINAL

400MH U17B FINAL

400MH U20B FINAL

150M U7&U9 B/G Timed Final

200m U11 & U13 B/G HEATS

200m U15 & U17 B/G HEATS

200m U20 B/G HEAT S

200m Open M/W HEATS

200m Masters M/W HEATS

800M U11 G/B FINAL

800M U13 G/B FINAL

800M U15 G/B FINAL

800m U17 G/B FINAL

800m U20 G/B FINAL

800m Open/Master FINAL

200m U13 B/G FINAL0

200m U15 B/G FINAL

200m U17 B/G FINAL

200m U20 B/G FINAL

200m OPEN M/F FINAL

3000M U17G & Open/W FINAL

Mix 4x200m U7 & U9 (2 boys, 2girls) FINAL

Mix 4x200m U11 & U13 (2 boys, 2 girls) FINAL

Mix 4x400m U15 MIX (2 boys 2girls) FINAL

Mix 4x400m U17 MIX (2 boys 2 girls) FINAL

Mix 4x400m U20 MIX (2 boys 2 girls) FINAL

Field Events

Field Events begin a 1:00pm

*ROLLING TIME FOLLOWED

1:00 pm SHARP

U7G & U9G Baseball Throw

U7B & U9B Baseball Throw

U15B, U17B, U20B- Shot Put

U15G, U17G, U20G- Shot Put

U17G, U20G, Open W- Triple Jump

U17B, U20B, Open M- Triple Jump

U17G, U20G and Open- High Jump

U17B, U20B and Open- High Jump

N.B:- ALL Throwing Events, LJ & TJ- 3 jumps/throws. Top 8 will have 3 more jumps/throws.)[This applies to U17 - OPEN ONLY.](#) All other age groups 3 throws/3 jumps U11 to U15.

RED-LINE Sonja Knowles Classic
Hosted by Red-Line
INDEPENDENT REGISTRATION FORM

Name of Athlete: _____

Date of Birth: ____/____/____ Age as at December 31, 2026: _____
Day Month Year

Name of Club/School: _____

Please indicate the **Event(s)** and **Category** you are to compete in by ticking the box provided for you. **Please note: Athletes can only compete in four (4) events – U15 to Open, U13-U7= 2 field & 1 Track or 2 track & 1 field EXCLUDING RELAYS**

SEX: Male Female

CATEGORY:

U-7 (2020 /2021) **U-9 (2018 /2019)** **U-11 (2016 /2017)**

U-13 (2014 /2015) **U-15 (2012 /2013)** **U-17 (2010 /2011)**

U-20 (2007-2009) **Open (1984-2006)** **Masters (</= 1983)**

Age Divisions are determined by year of Birth:

INDIVIDUAL EVENTS:

Track

75m (), 100m (), 200m (), 400m (), 800m (), 1500m (), 3000m
75mh (), 80mh (), 100mh (), 110mh (), 300mh (), 400mh () 5000m

Field

Long Jump (), High Jump (), Triple Jump (), Shot Put (), Discus ()

Javelin ()

Registration Fee: \$25.00, Masters/Open \$25.00

Signature: _____ Telephone: _____

Parents/Guardian (if under 18)

**RED-LINE Sonja Knowles Track Classic
GROUP REGISTRATION FORM**

Club/School: _____

Athlete Name:	D.O.B (dd/mm/yy)	Event	Event	Event
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				
16.				
17.				
18.				
19.				
20.				

**RED-LINE Sonja Knowles Track Classic
RELAY DECLARATION FORM**

Hosted by Red-Line Athletics

\$10.00 PER RELAY TEAM

CLUB/SCHOOL NAME: _____

Shuttle Relay 4X100M 4X400M 4X800M 4x100/ Coaches

AGE CATEGORY (TICK ONE):

U-7 **U-9** **U-11** **U-13**
U-15 **U-17** **U-20** **Open**
Masters

MALE

FEMALE

NAME	RUNNING NUMBER
1.	
2.	
3.	
4.	