



City of Wilmington, Mayor John Carney
 Department of Parks & Recreation, Acting Director Dr. Melody Phillips
 Wilmington Department of Parks & Recreation presents

BOB KING DEVELOPMENTAL TRACK & FIELD MEETS

**FREE
 Admission!**

at Abessinio Stadium

(Formerly Baynard Stadium)

1 St. Rocco Way, Wilmington, DE 19802

JUNE 4, 11, 18, 25

JULY 9, 16, 23

Night of Champions

will be held on

July 30, 2025

Weekly registration: 5:30 p.m.

Divisions: 18 & under; Collegiate 19 – 21 yrs.;

Open 22 – 34 yrs.; Masters 35 yrs. +



Each week a different age group will compete in a number of limited events. Special medals are awarded weekly for 1st, 2nd, 3rd.

****Automatic timing device will be used***

For further details, please contact: Gerald Wilmore at (302) 576-3821

Field Events: Long Jump, Triple Jump, Pole Vault, Shot Put

Bob King Wednesday Night Track Meets

110m Hurdles (Girls)

110m Hurdles (Boys)

50m 6 & under

100m 7 & 8

100m 9 & 10

100m 11 & 12

100m 13 & 14

100m 15 & 16

100m 17 & older

75m 6 & under

400m 7 & 8

400m 9 & 10

400m 11 & 12

400m 13 & 14

400m 15 & 16

400m 17 & older

1500m 7 & older

110m Hurdles (Girls)

110m Hurdles (Boys)

50m 6 & under

4x100m 9 & older

75m 6 & under

200m 7 & 8

200m 9 & 10

200m 11 & 12

200m 13 & 14

200m 15 & 16

200m 17 & older

800m 7 & older

ORDER OF EVENTS

Girls and Boys (6:00 p.m.)

1.	6 & under	50m	Field Events: Shot-Put, Long Junp, High Jump & Pole Vault as called
2.	7 & 8	50m	
3.	9 & 10	100m	
4.	11 & 12	100m	
5.	13 & 14	100m	
6.	15 & 16	100m	
7.	17 & over	100m	
8.	7 & 8	100m	
9.	6 & under	75m	

*Event #1 begins at
6:00 pm sharp!*

*Clerking begins at
5:45 pm!*

10.	9 & 10	400m	<i>All Contestants must bring completed event card to clerking area.</i>
11.	11 & 12	400m	
12.	13 & 14	400m	
13.	15 & 16	400m	
14.	17 & over	400m	

15.	9 & 10	1500m	} — Run Together
16.	11 & 12	1500m	

17.	13 & 14	1500m	} — Run Together
18.	15 & 16	1500m	
19.	17 & over	1500m	

20.	7 & 8	200m
21.	9 & 10	200m
22.	11 & 12	200m
23.	13 & 14	200m
24.	15 & 16	200m
25.	17 & over	200m

26.	9 & 10	800m	} — Run Together
27.	11 & 12	800m	

28.	13 & 14	800m	} — Run Together
29.	15 & 16	800m	
30.	17 & over	800m	

31. 4x100m (9&10) (11&12) (13&14) (15&16) (17&over)
32. 4x100m (mixed-coed: Last Wed. Night Meet only) (11-14) (15-18)
(Non-Medal Event)

ORDER OF EVENTS

Girls and Boys (6:00 p.m.)

- | | | |
|-----|---|--------------|
| 1. | Girls Hurdles | 110m |
| 2. | Boys Hurdles | 110m |
| 3. | 5 & 6 | 50m |
| 4. | 7 - 8 | 75m |
| 5. | 9 - 10 | 100m |
| 6. | 11 - 12 | 100m |
| 7. | 13 - 14 | 100m |
| 8. | 15 - 16 | 100m |
| 9. | 17 & over | 100m |
| 10. | 6 & under | 75m |
| 11. | 7 - 8 | 100m |
| 12. | 9 - 10 | 400m |
| 13. | 11 - 12 | 400m |
| 14. | 13 - 14 | 400m |
| 15. | 15 - 16 | 400m |
| 16. | 17 & 18 | 400m |
| 17. | 11 - over | 1500m |
| 18. | 7 - 8 | 200m |
| 19. | 9 - 10 | 200m |
| 20. | 11 - 12 | 200m |
| 21. | 13 - 14 | 200m |
| 22. | 15 - 16 | 200m |
| 23. | 17 & 18 | 200m |
| 24. | 15 & over | 800m |
| 25. | Shot Put, Long Jump, High Jump,
and Pole Vault -- as called. | |