

# SPRUCE CAPITAL INVITATIONAL TRACK & FIELD MEET -- JUNI

<b>FIELD EVENTS</b>										Midget		Juvenile		1991 & Older		
Year of Birth >	2000 & Younger	1999		1998		1997		1996		1994 & 1995		1992 & 1993		OPEN		
	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M
<b>SATURDAY</b>																
9:00			LJ				SP	TJ				JT		DT		DT
9:45		HJ					DT				SP	TJ	LJ		LJ	
10:30	LJ					TJ		SP	JT	DT				HJ		HJ
11:15				HJ		SP	TJ		LJ		JT		DT		DT	
12:00			JT		SP	LJ					TJ	HJ				
12:45				LJ				DT				SP	HJ	JT	HJ	JT
1:30					DT		LJ			JT	HJ					
2:00			HJ	SP				JT	HT	LJ	HT		HT	TJ	HT	TJ
<b>SUNDAY</b>																
9:00		SP		JT	HJ					HT	LJ	HT	SP	HT	SP	HT
10:00			DT			JT	HJ		TJ					LJ		LJ
10:45	HJ					LJ			DT	TJ			JT		JT	
11:30	SP						HJ	DT	LJ			PV	PV	PV	PV	PV
12:15									SP	HJ		DT				
1:00		LJ	SP		JT			HJ			DT		TJ	SP	TJ	SP
1:45				DT		TJ	JT		HJ	SP		LJ				

**ALL TIMES ARE APPROXIMATE!!**

**TRACK EVENTS WILL PROCEED YOUNGEST TO OLDEST - GIRLS FIRST**

**Events will be moved ahead if time permits!!!**

TRACK SCHEDULE - AGES 6 - 8 (YOB 2001 -2003)	FIELD SCHEDULE AGES 6 - 8
100 M - 9:45 am Saturday, June 13 80 M - 9:00 am Sunday, June 14 800 M - 1:00 pm Saturday, June 14	Shot Put - 11:30 am Saturday, June 13 (Boys) Shot Put - 12:00 pm Saturday, June 13 ( Girls) Long Jump - 12:45 pm Sunday, June 14 (Both)

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E 13 & 14, 2009

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**TRACK SCHEDULE**

Saturday & Sunday - 8:30 - Coaches Meeting -- Infield

**TRACK EVENTS WILL RUN IN THE FOLLOWING ORDER:**

***Youngest to Oldest --- Girls first***

**SATURDAY - 9:00 AM**

1500 Metres            all ages (timed final) (excluding rascals)  
100 Metres            all ages (heats)  
400 Metres            all ages (timed finals)  
Sprint Hurdles        all ages (timed final) Check distance on event sheet  
100 Metre Finals     all ages  
1500 Metre Steeple   1995 - Open F & M (timed final)

**SUNDAY - 9:00 AM**

3000 Metres            1993 - Open F & M (timed final)  
200 Metres            1997 & older (heats) (excluding rascals)  
800 Metre Racewalk   all ages (timed final) (2000 and older)  
1500 Metres Racewalk all ages (timed final) (1996 and older)  
200 Metre Hurdles     1996 - 1997 (timed final)  
300 Metre Hurdles     1994 - 1995 (timed final)  
400 Metre Hurdles     Open (timed final)  
800 Metres            all ages (timed final)  
200 Metre Final        all ages (excluding rascals)  
4 X 100 Metre Relays   all ages

***FATHER'S DAY MILE***

***FAMILY RELAY -- 4 X 100M*** Immediate Family Members Only!!!!

**JUNIOR, SENIOR, MASTER, & SENIOR GAMES ATHLETES**

Field Events - according to "Open Schedule"

Award\* Categories will be:

- Junior (Age 18 - 19) YOB 1990 & 1991
- Senior (Age 20 -34) YOB 1975 to 1989
- Master/Senior Games (Age 35+ in 5 year groups) YOB 1974 & earlier

***\*NOTE: Ribbons only for these categories***