

**SPRUCE CAPITAL INVITATIONAL TRACK & FIELD MEET -- JUNE 12 & 13, 2010**

**FIELD EVENTS**

Year of Birth	2001 & Younger		2000		1999		1998		1997		1995 /96		1993 /94		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	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 2002 -2004)	FIELD SCHEDULE AGES 6 - 8
100 M - 10:15 am Saturday, June 12	Shot Put - 11:30 am Saturday, June 13 (Boys)
60 M - 9:30 am Sunday, June 13	Shot Put - 12:00 pm Saturday, June 13 ( Girls)
800 M - 11:40 pm Sunday, June 13	Long Jump - 12:45 pm Sunday, June 14 (Both)

**TRACK SCHEDULE**

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

**SATURDAY - 9:00 AM**

9:00 am - 1200 Metres midgets timed final  
 9:15 - 1500 Metres timed final  
 10:15 - 100 Metres all ages (heats)  
 11:15 - 300 Metres Midgets timed final  
 11:30 - 400 Metres timed finals  
 12:30 - Sprint Hurdles timed finals  
 1:30 - 100 Metre Finals all ages  
 2:00 - 1500 Metre Steeple Midgets - No water jump  
 2:20 - 2000 Metre Steeple - 1993 - open

**SUNDAY - 9:00 AM**

9:00 - 2000 Metres Midgets  
 9:15 - 3000 Metres 1993 - Open F & M (timed final)  
 9:30 - 60 Metres 2000 - 2004 Timed finals  
 9:45 - 200 Metres Heats 1997 & older  
 10:00 - 800 Metre Racewalk  
 10:20 - 1500 Metres Racewalk 1996 and older  
 10:40 - 200 Metre Hurdles (timed final)  
 11:00 - 300 Metre Hurdles (timed final)  
 11:20 - 400 Metre Hurdles (timed final)  
 11:40 - 800 Metres (timed final)  
 12:40 - 200 Metre Final  
 1:00 pm - 4 X 100 Metre Relays  
**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)  
 Senior (Age 20 -34)  
 Master (Age 35+)