

SPRUCE CAPITAL INVITATIONAL TRACK & FIELD MEET -- JUNE 10, 11 & 12, 2011



FIELD EVENTS

Year of Birth	9 years		10 years		11 years		12 years		13 years		Midget		Youth		1993 & Older	
	2002		2001		2000		1999		1998		1996 /97		1994 /95		JR/SR/OPEN	
	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M
SATURDAY																
9:00			LJ				SP				JT		DT		DT	
9:45		HJ				DT				SP	TJ	LJ		LJ		
10:30	LJ						SP	JT	DT				HJ		HJ	
11:15			HJ		SP			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			HT	JT	HT	LJ	HT		HT	TJ	HT	TJ
SUNDAY																
9:00		SP		JT	HJ			HT		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			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 2003 -2005)	FIELD SCHEDULE AGES 6 - 8
100 M - 6 pm Friday, June 10	Shot Put - 6:20 pm Friday, June 10 Boys
60 M - 7:00 pm Friday, June 10	Shot Put - 7:20 pm Friday, June 10 - (Girls)
600 M - 7:45 pm Friday, June 10	Long Jump - 6:20 pm Friday, June 10 - Girls
	Long Jump - 7:20 pm Friday, June 10 - Boys

TRACK SCHEDULE

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

SATURDAY - 9:00 AM

9:00 am - Sprint Hurdles timed finals
 9:45 am - 1000m (9-11)
 10:00 am - 1200 M (12-15) timed final
 10:15 - 1500 M (16+) timed final
 11:15 - 100 Metres heats (9-open)
 12:15 - 300 Metres (12-15) timed final
 12:30 - 400 (16+) Metres timed finals
 1:30 - 100 Metre Finals
 2:00 - 1500 Metre Steeple Midgets - No water jump
 2:20 - 2000 Metre Steeple - 16 +

SUNDAY - 9:00 AM

9:00 - 60 Metres Heat (9-11)
 9:30 - 2000 Metres (13-15)
 10:00 - 3000 Metres (16+) F & M (timed final)
 10:30 - 200m Heats (11+)
 11:10 - 800 Metre Racewalk (9-12)
 11:20 - 1500 Metres Racewalk (13 and older)
 11:40 - 200 Metre Hurdles (12-15) (timed final)
 12:00 - 300 Metre Hurdles (16/17) (timed final)
 12:20 - 400 Metre Hurdles (18+) (timed final)
 12:45 - 60 Metres Finals (9-11)
 12:00 - 600/800 Metres (timed final)
 1:00 - 200 Metre Final
 1:30 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+)

