

SPRUCE CAPITAL INVITATIONAL TRACK & FIELD MEET -- JUNE 8 & 9, 2019



FIELD EVENTS

| | 9 years | | 10 years | | 11 years | | 12 years | | 13 years | | U16 | | U18 | | U20/SR/Mast. | |
|-----------------|---------|----|----------|----|----------|----|----------|----|----------|----|-----------|----|-----------|----|--------------|----|
| Year of Birth | 2010 | | 2009 | | 2008 | | 2007 | | 2006 | | 2005/2004 | | 2002/2003 | | 2001 & older | |
| | F | M | F | M | F | M | F | M | F | M | F | M | F | M | F | M |
| SATURDAY | | | | | | | | | | | | | | | | |
| 9:00 | LJ | | LJ | | | | SP | | SP | TJ | | TJ | TJ | | | DT |
| 9:45 | | HJ | | HJ | | | | | | | LJ | JT | LJ | | | |
| 10:30 | | | | | | | JT | SP | JT | DT | | | | | | |
| 11:15 | | | | | | | | | | | DT | HJ | DT | | DT | |
| 12:00 | | | JT | | SP | LJ | | | | | | | | | | |
| 12:45 | | LJ | | LJ | | | | | | | HJ | SP | | | | JT |
| 1:30 | | | | | | | LJ | JT | LJ | JT | | | | | | |
| 2:00 | | | HJ | SP | | | | | | LJ | HT | HT | HT | | HT | HT |
| SUNDAY | | | | | | | | | | | | | | | | |
| 9:00 | | | JT | HJ | JT | HJ | | | | | SP | | SP | | | |
| 10:00 | | | DT | | DT | | DT | | HJ | | | LJ | | LJ | | |
| 10:45 | HJ | | | | LJ | | | | | | JT | | JT | | JT | |
| 11:30 | | | | | | | LJ | | SP | | DT | | | | | |
| 12:15 | SP | | SP | DT | | | | | | | | | | | | |
| 1:00 | | | | | JT | | | HJ | | HJ | | | TJ | | | |
| 1:45 | | | | | | | | | | | | | | | | |

TRACK SCHEDULE

REVISED

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

SATURDAY - 9:00 AM

- 9:00 am - Sprint Hurdles - timed finals
- 9:45 am - 1000m (9-11) Finals
- 10:00 am - 1200 M (12-15) timed final
- 10:15 - 1500 M (16+) timed final
- 11:15 - 100 Metres **Finals** (9-open)
- 12:15 - 300 Metres (12-15) timed final
- 12:30 - 400 (16+) Metres timed finals

SUNDAY - 9:00 AM

- 9:00 - 60 Metres **Finals** (9-11)
- 9:15 - 3000 Metres (16+) F & M (timed final)
- 9:30 - 200m **Finals** (11+)
- 9:50 - 1500 Metres Racewalk (13 and older)
- 10:00 - 200 Metre Hurdles 24/27"(12-13) (timed final)
- 10:10 - 300 Metre Hurdles 30" (14/15) (timed final)
- 10:20 - 400 Metre Hurdles 30" (16+) (timed final)
- 10:45 - 600 Metres (timed final)
- 11:00 - 800M timed final
- 11:30 pm - 4 X 100 Metre Relays

12:00 FATHER'S DAY MILE

12:15 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+)

ALL TIMES ARE APPROXIMATE!!

TRACK EVENTS WILL PROCEED YOUNGEST TO OLDEST - GIRLS FIRST

Events will be moved ahead if time permits!!!

**For the Midget (14-15) 1500m Steeplechase does NOT have water jumps. The start of the race is at the 1500m start line and the hurdles positions the same.