

# 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
<b>SATURDAY</b>																
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
<b>SUNDAY</b>																
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								
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!!!**

\*\*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.

## 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 jum  
 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)  
 1:00 - 600/800 Metres (timed final)  
 1:30 - 200 Metre Final  
 1:45 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+)