

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



FIELD EVENTS

Year of Birth	9 years		10 years		11 years		12 years		13 years		U16		U18		U20/SR/Mast.	
	2010	2009	2009	2008	2008	2007	2007	2006	2006	2005/2004	2005/2004	2002/2003	2002/2003	2001 & older	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										JT
12:45		LJ		LJ							HJ	SP				
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.