

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				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
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								
12:15									SP	HJ		DT				
1:00		LJ	SP		JT			HJ			DT		TJ	SP	TJ	SP
1:45				DT				JT		HJ	SP		LJ			

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+)

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.