2022 Spruce Capital Meet Events

	U10	U12	U12	U14	U14	U16	U18	U20	OPEN CATEGORY	
	9 (2013)	**10 (2012)**	**11 (2011)**	**12 (2010)**	**13 (2009)**	**14/15 (07/08)**	**16/17 (06/05)**	**18/19 (04/03)**	**20+ (87-02)**	**Masters (<86)**
60m	X	X	X							
100m	X	X	X	X	X	X	X	X	X	X
200m			X	X	X	X	X	X	X	X
300m				X	X	X				
400m							X	X	X	X
600m	X	X	X							
800m				X	X	X	X	X	X	X
1000m	X	X	X							
1200m				X	X	X				
1500m							X	X	X	X
2000m					X	X				
3000m							X	X	X	X
1500mSC (no water)						X				
2000m SC							X			
3000m SC								X	X	X
800m RW	X	X	X	X						
1500m RW					X	X	X	X	X	X
60m Hurdles	X	X	X							
80m Hurdles				X	X	Women only				Women 40+
100m Hurdles						Men Only	Women only	Women only	Women only	Men 50-69
110m Hurdles							Men Only	Men Only	Men Only	Men Only
200mH				X	X					
300mH						X				
400mH							X	X	X	X
LJ	X	X	X	X	X	X	X	X	X	X
TJ					X	X	X	X	X	X
HJ	X	X	X	X	X	X	X	X	X	X
SP	X	X	X	X	X	X	X	X	X	X
DT		X	X	X	X	X	X	X	X	X
JT		X	X	X	X	X	X	X	X	X
HT				X	X	X	X	X	X	X
WT										X
4 x 100m	X	X	X	X	X	X	X	X	X	X