

SPRUCE CAPITAL 2026

FIELD	9(U10)		10 (U12)		11 (U12)		12 (U14)		13 (U14)		14/15 (U16)		16/17 (U18)		18/19 (U20)		Seniors(20+)		Masters(35+)	
SATURDAY	2017		2016		2015		2014		2013		2012/2011		2010/2009		2008/2007		2006-1992		1991 + before	
	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M
9:00		HJ		HJ	LJ		LJ		JT		JT		SP		SP		SP		SP	
9:45						HJ		HJ	JT		JT		HT	LJ	HT	LJ	HT	LJ	HT	LJ
10:30					HJ	JT	HJ	JT	PV	LJ	PV	LJ	POLE VAULT				POLE VAULT			
11:15			DT		DT	SP	DT	SP	DT	PV	DT	PV			POLE VAULT				POLE VAULT	
12:00	JT	SP	JT	SP					HJ		HJ	LJ		LJ		LJ		LJ		LJ
12:45	LJ		LJ	DT		DT		DT	SP	DT	SP	DT	JT	HJ	JT	HJ	JT	HJ	JT	HJ
1:30		JT		JT	SP		SP		LJ		LJ			DT		DT		DT		DT
2:15	HJ		HJ		JT		JT		SP		SP	DT		DT		DT		DT		DT
3:00	SP		SP			LJ		LJ	HT		HT		HJ	JT	HJ	JT	HJ	JT	HJ	JT
3:45		LJ		LJ					HJ	HT	HJ	HT	SP		SP		SP		SP	
4:15														HT		HT		HT		HT

SATURDAY	TRACK	MASTERS THROWS PENTATHLON			
9:00	3km	1000m	1200m	1500m	F/M
10:00	60mH	80mH			9:00 HT
11:00	1500m RW				SP
11:15	100m timed finals				DT
12:15	rascals				JT
12:45	800m timed finals				WT
1:30	60m timed finals				
2:15	200m timed finals				
3:00	600m timed finals				
3:45					
4:15	4x100m relays (fun)				

Track takes precedence! If there are conflicts, athletes should check into both events and attend track first.

Track events run youngest to oldest; alternating female then male. **All races are timed finals.**

Pole vault warm up starts at 10-10:15am with combined gender jumping beginning at 11am.

In field events, **all athletes get 3 attempts.**

There will be no athlete “add-ins” on event sheets.

Relay teams (for fun!!) must be entered on the relay sheet at the awards table by 1pm.