

SPRUCE CAPITAL INVITATIONAL TRACK & FIELD MEET -- JUNE 11 & 12, 2016



FIELD EVENTS

Year of Birth	9 years		10 years		11 years		12 years		13 years		Midget	Youth	1998 & Older		
	2007	2006	2005	2004	2003	2001 /02	1999/2000	JR/SR/OPEN	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
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
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
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 jump
- 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!!!