

Super Saturday Meet

February 6, 2010

Track events:

300m, 600m, 1500m, 4x200m

Field events: Shot Put, WT (women only)

Start time: 6:05 p.m. on the track and in the field

Age-categories: Open

Entry Fee: \$10

Order of events

600m

4x200m

1500m

300m

Thanks for registering for the Super Saturday Meet. Registration opens at 5 p.m. with the first event scheduled to begin at 6:05 p.m.

Dalhousie athletes are reminded to pick up their bib #'s at the registration desk.

Athletes must check in with the marshal at the race start line as soon as their race is called. Please ensure your athletes are aware of this. I have posted a preliminary start list at <http://www.tigertrack.ca/daltf/supersaturdayprogram10.pdf> This may change pending scratches but should be reasonably accurate. Check updated start lists when you arrive and be ready to run at the scheduled time. Please report any scratches as soon as possible.

I have added weight throw for women only. This will follow immediately after the men's shot put. Please e-mail me the names of any athletes who wish to enter.

Results will be posted at: <http://www.tigertrack.ca/daltf/schedule.html>

Super Saturday Tentative Schedule

Time	Event	Gen	Duration
6:05 PM	600m	TSF1 f	0:07
6:12 PM	600m	TSF2 f	0:07
6:19 PM	600m	TSF3 f	0:07
6:26 PM	600m	TSF1 m	0:07
6:33 PM	600m	TSF2 m	0:07
6:40 PM	600m	TSF3 m	0:12

6:52 PM	4x200m	TSF1	f	0:07	
6:59 PM	4x200m	TSF1	m	0:07	
7:06 PM	1500m	Section 1	f	0:14	
7:20 PM	1500m	Section 2	f	0:14	
7:34 PM	1500m	Section 1	m	0:14	
7:48 PM	1500m	Section 2	m	0:14	
8:02 PM	1500m	Section 3	m	0:14	
8:16 PM	300m	TSF1	f	0:04	
8:20 PM	300m	TSF2	f	0:04	
8:24 PM	300m	TSF3	f	0:04	
8:28 PM	300m	TSF4	f	0:04	
8:32 PM	300m	TSF1	m	0:04	
8:36 PM	300m	TSF2	m	0:04	
8:40 PM	300m	TSF3	m	0:04	
8:44 PM	300m	TSF4	m	0:04	
8:48 PM	300m	TSF5	m	0:04	