

TRACK & FIELD

Mohonasen HS Saturday, July 15, 2017

Packet Pickup: 10:00am

Track Events Start Time: 11:00am

110 m Hurdles (Decathlon only)

1500m/3000m/5000m Racewalks (Run together)

4x800 Relay - 11 and older

110m Hurdles - JrB/SrB/OM/MM

100m Hurdles - Youth B/G; Scholastic Girls; Open/Masters Women

80m Hurdles - 11 and 12

100m Dash Preliminaries (Only divisions with more than 8 will run a preliminary)

3000m Run - 11 and older

5000m Run - 15 and older (run with 3000m)

800m Run - All Divisions

100m Dash Finals - All Divisions

400m Hurdles - 15 and older

200m Hurdles - 13 and 14

400m Dash - All Divisions

Steeplechase

1500m Run - All Divisions

200m Dash - All Divisions

4x100 Relay - All Divisions

4x400 Relay - All Divisions

Divisions Key					
Division	Yr. of Birth				
Primary (6u)	2011+				
Sub Bantam	2010-2009				
Bantam (9-10)	2008-2007				
Midget (11-12)	2006-2005				
Youth (13-14)	2004-2003				
Juniors (15-16)	2002-2001				
Seniors (17-18)	2000-1999				
	<u>AGE</u>				
Open (O)	19-29				
Macters (M)	30+				

- Masters (M)
- Combined events will be inserted when necessary
- All races will be FAT
- Preliminaries will be run in the 100m if there are more than 8 in an age division.
- All relay teams must be 'Real'. No exhibition or mixed relays accepted at this meet.
- NO EVENT CHANGES

Field Events Start Time: 11:00 am

Field event schedule is approximate. Combined events will be added when necessary.

PV	HJ	LJ 1	LJ2	Shot	Discus	Javelin
	13 and older	8 and under	15 - 18	11-12		Heptathlon
Decathlon		9 - 10	Open/Masters	10 and under	11-12 13-14	
13 and older Continuous bar	12 and under	Heptathlon 11 - 12		13-14	15-16 17-18	
		13 - 14		15 and older	Open/Masters	8 and under
		Triple Jump 13 and older				9-10 11-12
						13 and older