



TRACK & FIELD

Rensselaer HS
Saturday, July 16, 2022
 Packet Pickup: 10:30am

Track Events Start Time: 11:15am

- 1500m/3000m/5000m Racewalks (Run together)
- 4x800 Relay - Midgets and Older
- 80m Hurdles - Midget Boys/Girls
- 100m Hurdles - YG /YB /Jr & Sr Girls /Open & Masters Women
- 110m Hurdles - Jr & Sr Boys/Open & Masters Men
- 100m Dash Preliminaries (Only if necessary)
- 5000m Run - Juniors and Older (run with 3k)
- 3000m Run - Midgets and Older
- 800m Run - All Divisions
- 100m Dash Finals - All Divisions
- 400m Hurdles - Juniors and Older
- 200m Hurdles - Youth Girls & Boys
- 4x100 Relay - All Divisions
- 400m Dash - All Divisions
- 1500m Run - All Divisions
- 200m Dash - All Divisions
- 4x400 Relay - All Divisions

Divisions Key	
<u>Division</u>	<u>Yr. of Birth</u>
Primary (6u)	2016+
Sub Bantam (7-8)	2015-2014
Bantam(9-10)	2013-2012
Midget (11-12)	2011-2010
Youth (13-14)	2009-2008
Juniors(15-16)	2007-2006
Seniors(17-18)	2005-2004
	<u>AGE</u>
Open (O)	19-29
Masters(M)	30+

- **Combined events will be inserted when necessary**
- All races will be FAT
- Preliminaries will be run in the 100m if there are more than 6 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: 11:00am

- Long Jump - Youngest to oldest
- Triple Jump - 13 and older; follows Long Jump
- Shot Put - Youngest to oldest
- Discus - 11 and older; follows Shot Put
- High Jump—all ages, continuous bar
- Turbo Javelin - 12 and under (follows Discus)
- Javelin - 13 and older (follows Turbo Jav)