



# TRACK & FIELD

**Rensselaer HS**  
**Saturday, July 15, 2023**  
 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)	2017+
Sub Bantam (7-8)	2016-2015
Bantam(9-10)	2014-2013
Midget (11-12)	2012-2011
Youth (13-14)	2010-2009
Juniors(15-16)	2008-2007
Seniors(17-18)	2006-2005
<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)