TRACK & FIELD

Rensselaer HS
Saturday, July 14, 2024
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)
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	
Division	**Yr. of Birth**
Primary (6u)	2018+
Sub Bantam (7-8)	2017-2016
Bantam(9-10)	2015-2014
Midget (11-12)	2013-2012
Youth (13-14)	2011-2010
Juniors(15-16)	2009-2008
Seniors(17-18)	2007-2006
	AGE
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)