

Adirondack Championship—Combined Events

Ichabod Crane High School

Friday, June 15, 2018

Packet Pick-up/Registration: 4:00pm

Check In ends at 5:00pm

No day of meet registration!

Triathlon

Shot Put (5:00)
High Jump (6U—Long Jump)
200m (Girls) 400m (Boys)

Pentathlon

80m HH (MB/MG) (5:10)
100m HH (YB/YG) (5:15)
High Jump
Shot Put
Long Jump
800m (Girls) 1500m (Boys)

Throws Pentathlon

Hammer
Shot Put
Discus
Javelin
Weight

Heptathlon - Day 1

100m HH (5:30)
High Jump
Shot Put
200m Dash

Decathlon – Day 1

100m Dash (5:00)
Long Jump
Shot Put
High Jump
400m Dash

Masters Men Pentathlon

Long Jump (5:00)
Javelin
200m Dash
Discus
1500m Run

Track Schedule

80m HH - Pentathlon - MG/MB
80m HH - Pentathlon MW 40+
100m HH - Pentathlon YB/YG
100m HH - Pentathlon MW 30-39
100m HH - Heptathlon - SG/OW
100m Dash - Decathlon - SB/OM

Field event break

200m Dash - Triathlon Girls
400m Dash - Triathlon Boys
200m Dash - Pentathlon MM

1500m Run - Pentathlon MM

400m Dash - Decathlon SB/OM

800m Run - Pentathlon - MG/YG
1500m Run - Pentathlon - MB/YB
200m Dash - Heptathlon - SG/OW

Field Events

Long Jump	High Jump	Shot Put	Discus	Javelin	Hammer	Weight
		Tri			Throws Pent	
Dec	Tri (7-10)					
Tri (6U) Pent MM	Pent Midget/Youth	Throws Pent				
		Dec	Throws Pent Pent MM			
Pent Midget/Youth Hep				Throws Pent Pent MM		
	Dec	Pent Midget/ Youth Hep				Throws Pent

- **Times given are approximates only. The schedule may vary due to the number of participants. The only definite time is the first event start.**
- Please check in with your escort and/or clerk for your event.
- Masters must bring their own age appropriate implements.