



# Independence Invitational Herkimer MS

Saturday, June 23, 2018

Packet Pickup: 1:00 pm

Day of Meet Registration ends at 2:00pm



## Track Events (Start Time: 2:15pm)

- 1500m/3000m/5000m Racewalk (run together)
- 4x800 Relay - M and older
- 80m Hurdles - M
- 100m Hurdles - Y/JrG/Sr.G/OW/MstW
- 110m Hurdles - JrB to OM/MstMen
- 100m Dash Preliminaries (only for age divisions with over 6 competitors)
- 3000m Run - MB/MG to O/M
- 5000m Run - Jr to MST (run with 3k)
- 800m Run - All
- 100m Dash Finals - All
- 400m Hurdles - Jr to O/M
- 200m Hurdles - Yth
- 400m Dash - All
- 1500m Run - All
- 200m Dash - All
- 4x100 Relay - All
- 4x400 Relay - All

### Abbreviations Key

<u>Division</u>	<u>Yr. of Birth</u>
Primary (P)	2012+
Sub Bantam (SB)	2010-2011
Bantam (B)	2008-2009
Midget (M)	2004&2007
Youth (Y)	2004-2005
Juniors (Jr)	2002-2003
Seniors (Sr)	2000-2001
	<b><u>AGE</u></b>
Open (O)	19-29
Masters (M)	30+

## Field Events (Start Time: 2:00pm)

PV	HJ	LJ1/TJ	Shot	Discus	Javelin
	Youth to Masters	Primary-Girls Primary-Boys	Primary B/G Bantam B/G	Midget Girls Midget Boys	
	Primary to Midget	Bantam Girls Bantam Boys	Midget Girls Midget Boys	Youth Girls Youth Boys	
		Midget Girls	Jr/Sr Girls O/M Women	O/M Women Jr/Sr Girls	Follows Shot Put
		Midget Boys	Jr/Sr Boys O/M Men	Jr/Sr Boys O/M Men	Primary Girls Primary Boys
		Youth Girls			Bantam Girls Bantam Boys
PV Warmups		Youth Boys			Midget Girls Midget Boys
Starting height: 1.5m		Jr./Sr./O/M			Youth B/G Jr/Sr Girls - O/M Women
Continuous Bar		Triple Jump All			Jr/Sr Boys O/M Men