



## Adirondack Championship Saturday, June 24, 2023 Rensselaer HS

Packet Pickup: 10:00 am  
NO Day of Meet Registration



### 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 divisions with more than the number of lanes will run a preliminary.)
- 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

<b>Abbreviations Key</b>	
<u>Division</u>	<u>Yr. of Birth</u>
Primary (P)	2017+
Sub Bantam (SB)	2016-2015
Bantam (B)	2014-2013
Midget (M)	2012-2011
Youth (Y)	2010-2009
Juniors (Jr)	2008-2007
Seniors (Sr)	2006-2005
	<b><u>AGE</u></b>
Open (O)	19-29
Masters (M)	30+

- **All times are approximates! Meet schedule may run ahead or behind depending on entries.**
- All races will be FAT (Fully Automatic Timed)

### Field Events Start Time: 11:00 am

PV	LJ / TJ	Shot	Discus	Javelin
All ages Continuous Bar	Primary-G/B Sub Bantam-G/B	Midget Girls Midget Boys		
	Bantam Girls	Primary G/B Sub Bantam G/B	Midget Girls Midget Boys	
	Bantam Boys	Bantam G/B	Youth Girls Youth Boys	Follows Shot
<b>HJ</b>	Midget Girls	Youth Girls Youth Boys	O/M Women Jr/Sr Girls	Primary G/B Sub Bantam G/B
Youth to Masters	Midget Boys	Jr/Sr Girls O/M Women	Jr/Sr Boys O/M Men	Bantam Girls Bantam Boys
Primary to Midget	Youth Girls Youth Boys	Jr/Sr Boys O/M Men		Midget Girls Midget Boys
	Jr./Sr./O/M			Youth B/G Jr/Sr Girls O/M Women
	Triple Jump All			Jr/Sr Boys O/M Men