



President's Open
Sunday, June 9, 2024
Rensselaer HS
 Packet Pickup: 1:00 pm
 Day of Meet Registration ends
 at 2:00pm



Track Events

Start Time: 2:15pm

- 2:15 1500m/3000m/5000m Racewalks (Run together)
4x800 Relay - Midgets and Older
- 2:30 80m Hurdles - Midget Boys/Girls
100m Hurdles - YG /YB /Jr & Sr Girls /Open & Masters Women
110m Hurdles - Jr & Sr Boys/Open & Masters Men
- 3:00 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

Abbreviations Key	
<u>Division</u>	<u>Yr. of Birth</u>
Primary (P)	2018+
Sub Bantam (SB)	2017-2016
Bantam (B)	2015-2014
Midget (M)	2013-2012
Youth (Y)	2011-2010
Juniors (Jr)	2009-2008
Seniors (Sr)	2007-2006
<u>AGE</u>	
Open (O)	19-29
Masters (M)	30+

Field Events

PV	HJ	LJ/TJ	Shot	Discus	Javelin	Hammer
PV Warmups	Youth to Masters	Primary-Girls Primary-Boys	Primary B/G Bantam B/G			
Starting height: 1.5m	Primary to Midget	Bantam Girls Bantam Boys	Jr/Sr Boys O/M Men	Midget Girls Midget Boys		
Continuous Bar		Midget Girls	Jr/Sr Girls O/M Women	Youth Girls Youth Boys	Follows Shot Put	Follows Discus
		Midget Boys	Midget Girls Midget Boys	O/M Women Jr/Sr Girls	Primary Girls Primary Boys	Jr and older
		Youth Girls		Jr/Sr Boys O/M Men	Bantam Girls Bantam Boys	
		Youth Boys			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	